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Kristi Hansen performs as Mary Poppins at Tuesday's Fringe Festival launch.

STEPHANIE DUBOIS/METRO

SUPERCALIFRINGERILISTIC

Edmonton launches a nostalgic campaign for its 34th Fringe Festival, still North America's largest.

metroNEWS

City giving up on provincial money

ARENA

Asking for funds a waste of political capital: Iveson



Ryan Tumilty
Metro | Edmonton

Some Edmonton city councillors appear ready to back down from asking the province to help bridge a funding gap with the downtown arena.

At issue is the project, which though well underway is technically still short \$32 million in funding — money the city was expecting from the provincial government.

The original deal proposed the province would kick in \$25 million from a grant program for regional projects and would add \$7 million for the community rink that will be built into

the facility.

Mayor Don Iveson said the city should just fund the shortfall with revenues from the community revitalization levy (CRL) rather than put the request to the province.

"It's just not the right foot to step off with the new government," he said at a council meeting Tuesday. "We have a bigger vision on how Edmonton and premier-designate (Rachel) Notley can work together."



If you want to fill up a hole you have to put a lot of shovels towards it.

Coun. Mike Nickel

Iveson said that while he's reluctant to use the CRL as an ATM, in this case the shortfall can easily be covered, thanks to the amount of development

downtown.

"There is no doubt that we are getting best case scenarios out of the community revitalization levy."

But Coun. Mike Nickel disagreed, and said he sees no reason not to ask the province or the Katz Group to contribute more.

"If you want to fill up a hole you have to put a lot of shovels towards it, so I wouldn't be afraid to ask."

Nickel said, even if the amount is relatively small, his constituents have been clear.

"All the people I was door knocking said put no more money into it and there was quite a bit of anger at the doors about the whole arena deal."

Iveson said he understood the public sentiment to have the Katz Group pay more, but that's not the deal the city signed.

"I know people want us to go back and try and shake them down, but they've been good partners in building the arena district," he said.



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It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource™ be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource™ is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource™ 100%! That alone should be enough to try this incredible product."



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Canine owner wants community to connect

DOG LOVERS

First pet owner meet and greet set for June 21



Leah Holoiday
Metro|Edmonton

Hossein Zahiriabianeh knows pets have a way of making strangers talk, and he's taking that truism and using it to build his community.

"I've noticed pet owners stop and talk to strangers when they want to pet their dogs," Zahiriabianeh said.

"For some reason, people acknowledge people with pets."

Zahiriabianeh is encouraging pet owners in his community of Oliver, just west of downtown, to meet up with their neighbours — whether they own pets or not — at the first Oliver Dog Owners Meet and Greet, tentatively sched-

uled for June 21.

"Dogs, and animals in general, are a way for people to break barriers," said Zahiriabianeh. "It's a way for neighbours to meet each other."

Oliver resident and dog owner Nikki Campbell said whenever she walks her dog, she's almost forced to meet other pet owners thanks to her curious pooch.

"You basically have to meet the person who's walking the dog, which is good, because otherwise people would just (go) by with their heads down," she said.

Campbell said a dog meet and greet would offer fellow pet owners a chance to get to know their neighbours or to find fellow dog lovers.

Zahiriabianeh said he sees strangers walk down Oliver's street, head down, and pass by one another without a glance. He said adding a dog to the mix suddenly makes them more likely to interact.



Hossein Zahiriabianeh is hoping a pet meet-up will offer Oliver pet owners a chance to meet their neighbours. KEVIN TUONG/FOR METRO

IN BRIEF

City park changes ahead

Parks are on everyone's mind as summer eases into Edmonton.

Here's a look at parks with changes on the horizon:

1. Kitchener Park

This little piece of paradise at 114th Street and 103rd Avenue has seen recent upgrades including a water park in 2011 and a mural in 2013.

The Oliver Community

League is moving ahead with plans to add an all-ages playground for children over the summer.

2. Alex Decoteau Park

It's one thing to develop density downtown with con-

dos.

It's another to provide residents with green space to make those condos livable.

One proposal, shepherded by the Downtown Edmonton Community League, is

Alex Decoteau Park, on 105th Street, in an area that's currently a surface parking lot.

Fear not: it will have a fenced-off area for dogs.

Timelines are still up in the air. METRO

BEAVER HILL

Changing a park's bad rep

Trina Shipanoff is tired of hearing about downtown's "drug park."

For almost three summers, Shipanoff has organized the Night Market at Beaver Hill House Park, an urban respite that she says has an undeserved reputation.

"When I'm talking about where the Night Market is, I say, 'It's in Beaver Hill Park ... 105th Street and Jasper Avenue,' and then usually what comes out of people's mouth is, 'Oh, the drug park.'"

The stigma the park carries — despite seeing a diversity of people by day, such as salsa dancers on summer weekends — is something Shipanoff is trying to change. Every Friday night after May 22, Shipanoff heads to the Night Market, which attracts vendors and crowds and will feature a free movie every Friday night this summer.

"I think things are changing, but the stigma of what (the park) is and what people think about it is still there."

Shipanoff isn't the only one trying to turn the park's reputation around. Night Market vendor Evangeline Burkholder, owner of Gypsy Gardens, said she wants to break down "fears" and "misperceptions" so that communities and our ideas about them can change. "The more we are a community in the downtown core, the less we are scared of each other."

STEPHANIE DUBOIS/METRO

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Edmonton-Southwest MLA Thomas Dang, 20, laughs with his colleagues during an introductory meeting with newly-elected MLAs in Edmonton on Tuesday. AMBER BRACKEN/THE CANADIAN PRESS



Newly-elected MLAs wave in the Alberta Legislature in Edmonton on Tuesday. AMBER BRACKEN/THE CANADIAN PRESS



Calgary-Fort MLA Joe Ceci reads one of the legislative information books in Edmonton on Tuesday. AMBER BRACKEN/THE CANADIAN PRESS

The new class of lawmakers

POLITICS

Turnover in the legislature the highest in 80 years



Ryan Tumilty
Metro|Edmonton

Alberta's new class of MLAs took a Legislature 101 course Tuesday as they move closer to officially taking their new jobs. All 70 of the rookie MLAs

came to the legislature for information sessions teaching them myriad lessons — about their constituency office budgets, legislative procedure and even where to find the bathrooms — as the province deals with the biggest turnover in 80 years.

Newly elected Edmonton-Rutherford MLA Richard Feehan said he was awestruck to take his seat in the legislature for the first time.

"It's thrilling in a way that you almost can't describe, because it's not just about you. It's about a tradition and a history you can't describe," he said.

+ BY THE NUMBERS

- The 70 MLAs in the new class could rise to 71 depending on the outcome of a race in Calgary, which is currently a tie.
- At 80 per cent, the turnover in the new legislature will be the highest since

1935 when rookies comprised 92 per cent of the legislature.

• The last person sworn in this new class of MLAs will be the 903rd person to become a member of the legislative assembly.

Speaker Gene Zwozdesky took the rookies through what they can expect in their new roles. Zwozdesky lost his seat in the election, but he will remain speaker until the legislature

elects someone new to the job. "For me, this is obviously the end of an era — 22 great years and a tremendous privilege," he said. "I have always believed in the institution and I

will do everything I can to help acclimatize these new people into their roles."

He said all of the new MLAs seem really eager to learn and he believes they will serve people well.

"I have offered a mock legislature session and so far the take-up on it is quite high," he said.

In the legislature, Zwozdesky also warned the incoming MLAs to bite their tongues, both inside and outside the chamber. He said afterwards that it's just sage advice for any elected official.

"It's important for members

to realize that every single word you say, every act you perform can and will be recorded."

Alberta Party Leader Greg Clark, his party's first elected MLA, said he is going to have a lot to absorb over the next few weeks.

"There is a lot to learn and there is no question there is a steep learning curve," he said.

Clark worked in the legislature in the early '90s, but he said taking a seat in the chamber for the first time is a whole different experience.

"You really feel like you're sitting in a seat with a remarkable history."

DEVELOPMENT

Council hopes NDP government will rekindle Galleria project

Some city councillors hope change in the Alberta government could shift fortunes for the beleaguered downtown Galleria project.

The project, which proposes to create four new theatres downtown along with office

space and a new home for the University of Alberta's fine arts faculty, hinges on moving the university's arts department to the location — and that needs provincial government backing to happen.

The city has earmarked

\$58 million for the project from the community revitalization levy (CRL). And on Tuesday, when councillors reviewed the levy, they left the Galleria funds committed.

Coun. Scott McKeen said while the previous provincial

government declined to support the Galleria, that no longer applies.

"It would be pretty difficult to say the province isn't interested in it or committed to it, because there has been a complete change," he said.

"The idea of getting the university downtown to that level is very exciting. The catalytic effect it promises with hundreds of staff and students downtown is not something I think we can ignore."

But Coun. Mike Nickel said

there's a lot the city wants to do with its CRL funds and he isn't sure why the Galleria is high on the list.

Nickel also said he isn't optimistic the new NDP government will be warmer to the project. RYAN TUMILTY/METRO

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BUSINESS

Controversial Guzoo closing

A private zoo that has been criticized for years by animal welfare groups is shutting down.

Guzoo, a private operation near Three Hills, no longer has a licence to remain open.

A temporary permit the province issued to give the zoo's owner time to make repairs and address operational issues ran out last week.

Lynn Gustafson said in April that fulfilling the requirements set out by the province would have bankrupted him.

He says he has sold all his

400
Guzoo has housed nearly 400 animals, including lions, a tiger and a baboon.

exotic animals to other zoos and will keep most of the domestic stock with an eye to opening a petting zoo.

All of the wild animals need to be out of the facility by the end of June.

"Two miles of chain-link fencing and replace our entire bear pen.... When you get to my age, you are not going to spend half-a-million dollars," Gustafson said last month.

Guzoo has been under fire for several years by animal welfare groups.

The zoo was almost forced to close in 2011 following an investigation that discovered safety issues, health risks and poor record-keeping. But it began to operate again after a judicial review.

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Full parole for Hennessey

CRIME

Man convicted in Mayerthorpe RCMP shooting released

One of two men convicted in the shooting deaths of four Mounties in rural Alberta has been granted full parole and says he'll be able to deal with anyone who isn't happy about his return home.

The Parole Board of Canada said Tuesday that Shawn Hennessey has been functioning well since he was allowed to live in a halfway house last fall. But it also expressed concern that he may not be welcomed by everyone when he rejoins his family in Barrhead, northwest of Edmonton.

Hennessey, 35, told the board he will handle any hostility with apologies and declarations that he is a changed man.

"I am a different person today," he said.

Hennessey and his brother-in-

law, Dennis Cheeseman, pleaded guilty to manslaughter for giving James Roszko a gun and a ride to Roszko's farm near Mayerthorpe in 2005.

Constables Peter Schiemann, Anthony Gordon, Brock Myrol and Leo Johnston had been guarding a Quonset hut on Roszko's farm during a marijuana grow-op and automobile chop-shop investigation.

Roszko ambushed and killed the officers before killing himself.

Hennessey said he used to be an immature, self-centred person, who did and sold drugs and hung around with unsavoury characters such as Roszko. He

said he was scared and confused when he persuaded his brother-in-law to join him and dropped the killer off at the farm that night.

"I should have done the right thing and phoned the RCMP," he said. "I could have changed so many things."

Hennessey was sentenced in 2009 to 10 years and four months. Cheeseman was hand-



Shawn Hennessey arrives at court in Stony Plain, Alta., in 2008. Hennessey, a man convicted for his role in the deaths of four Mounties in rural Alberta, has been granted full parole effective immediately. IAN JACKSON/THE CANADIAN PRESS

ed seven years and two months and freed on statutory release in 2013.

While on day parole, Hen-

nessey has been allowed to visit his wife and two daughters every weekend. He said he has attended some of his youngest

girl's sporting events and many people have supported him.

But not all. He had wanted to attend a parade in the town but officials asked him not to come.

"The community probably isn't going to welcome you with open arms," said parole board member Marilyn Kenny.

When applying for jobs, Hennessey said he also came across people who wouldn't hire him because of his name. But one employer "stuck his neck out" by giving him construction work.

Hennessey's wife, Christine, sat beside him and wiped away tears as she told the board her husband will always be linked to a crime that devastated the country. Hennessey added that he thinks about the dead officers and their families every day.

As part of his release, he is not to contact any members of the victims' families nor is he to travel to Lac la Biche, Alta. The mother of one of the RCMP officers lives there and requested he not be allowed in the town.

Myrol's mother Colleen, who lives in Red Deer, Alta., said she started to cry when she and her husband learned about Hennessey's release. THE CANADIAN PRESS

ANIMAL RESCUE

Saving the city's puppies

Kath Oltsher trolls through rural dumps to find puppies, and says it's a critical part of her job.

As one half of Edmonton-based Zoe's Animal Rescue, Oltsher and her partner Sasha Campbell make it a priority to hit three rural dumps several times a month to rescue wayward dogs there scavenging food.

"I spent two whole days just before Christmas out at the dump, trying to collect puppies," Oltsher remembers with a laugh.

The group concentrates their efforts on dumps near Enoch Cree Nation and Paul Band First Nation, but says they're not the only ones.

"We all troll the dumps," she said about other animal rescues. "We try to share resources."

Working closely with local communities, Oltsher said often times whenever an animal is spotted, Zoe's the first group to know.

Recently, Oltsher said the group recovered two female dogs from a dump near Paul Band with 13 puppies between them.

LEAH HOLODAY/METRO

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NDP appreciates healthy oil industry: Encana boss

OILPATCH

CEO reassures concerned shareholders at annual meeting

The CEO of oil and gas giant Encana Corp. said he believes Alberta's incoming NDP government appreciates the importance of a healthy oilpatch.

"I think you'd almost have to be from another planet not to understand how important oil and gas is to Alberta and Albertans," Doug Suttles said following the company's annual meeting Tuesday. "I think clearly the industry's having a tough time right now."

At the meeting, Suttles fielded questions from shareholders about what the NDP election win could mean for the company.

One woman, who holds Encana shares in her retirement portfolio, said she was particularly worried about the NDP's campaign promise to raise corporate taxes to 12 per cent from 10 per cent, putting Alberta on par with Saskatchewan and one percentage point higher than British Columbia.

"How are you going to going

to combat this?" the shareholder asked.

Suttles replied that, so far, it seems the new government will be "cautious" about any changes.

The NDP said during the campaign it would also review the province's royalty structure to ensure Albertans are getting their fair share of the province's resource wealth.

Shortly after her win, incoming premier Rachel Notley said she would reach out to executives to reassure them that no big decisions would be made without their input.

Notley said Tuesday those discussions have been "really good."

"My guiding principle is the economic health of Alberta, job creation and maintenance, and as a result of that, the sustainability of the

industry," she said at the legislature in Edmonton.

Suttles said he and Notley had a brief chat over the phone.

"We just talked about meeting and making sure that the lines of communication and the contacts are open so that both the industry and government can talk about if there were policy change, what would be the impacts and implications of those changes?" he said.



Encana president and CEO Doug Suttles answers media questions at the company's annual general meeting in Calgary Tuesday. LARRY MACDOUGAL/THE CANADIAN PRESS

Lately Encana has been focusing most of its spending on Texas and Western Canada. However, only about 20 per cent of its production comes from Alberta.

Suttles said it's too soon to say whether a hike in royalties would cause Encana to shift around its spending. He said

he understands that people can get jittery about change, but "we all just need to take a deep breath and pause."

In the days following the election, oilpatch leaders expressed a willingness to work with the new government, but some reactions have been more negative than others.

Last week, the president of Canadian Natural Resources Ltd. took aim at the plans to raise taxes and review royalties, warning "there are many alternatives for global investment."

Asim Ghosh, the CEO of Husky Energy Corp., meanwhile, said it's "business as usual." THE CANADIAN PRESS

EDUCATION

Boards get more time to do books



Leah Holoiday
Metro | Edmonton

School boards won't have to scramble to get their books in order for the end of May after newly-elected Rachel Notley offered officials a month-long extension.

Boards — who typically must have their budgets submitted to the province by the end of the month — will now have until the end of June to submit their financial documents for next year.

On Tuesday, Notley told reporters she was aware of the tight time constraints facing school boards even before they emerged in media reports and held a meeting Monday to discuss options.

"We had said, 'Geez, we really need to give these guys a heads-up pretty quickly.'"

"So in fact it was one of those decisions that came independent of concerns that we had heard, but it made perfect sense," Notley told reporters.

"We knew timing was tight. Decisions have to be made for September. We understand that."

Notley didn't delve into specifics on the education funding package her government would introduce.

But she has previously pledged to fund the additional 12,000 students expected to flock into the province this year.

Edmonton Catholic School chair Debbie Engel said the extension was welcome.

"We are pleased with the one-month extension and extremely pleased that Premier-elect Notley has assured us that the new budget will fund enrolment growth properly," she said.

Edmonton Public School Board chair Michael Janz called Notley's campaign promise to fund growth a "forward-thinking" move.

WITH FILES FROM JEREMY NOLAIS



Decisions have to be made for September. We understand that.

Premier-elect
Rachel Notley

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IN BRIEF

Motorcycle passenger, 26, dies after hit-and-run

A 26-year-old woman was a passenger on a motorcycle when it was struck by a car making a left turn in an intersection on 122 Street about 8:15 p.m.

A 24-year-old man driving the motorcycle is in hospital in serious condition with non-life-threatening injuries.

Witness reports helped police find a 60-year-old male suspect in west Edmonton.

He was taken into custody and police say charges are pending.

THE CANADIAN PRESS

Man charged after SUV plows through house

A man is facing three charges after a sport-utility vehicle plowed through a house in Edmonton.

Police say they got a call early Monday about a driver seen heading in the wrong direction in the city's north-east. The driver wouldn't stop, so the police helicopter followed as the SUV reached speeds of 120 km/h.

The vehicle failed to stop at a T-intersection, hit the curb, smashed through the fence and plowed through the house before stopping in the garage.

Craig Daniel Head, 28, is accused of impaired driving, dangerous driving and flight from a peace officer.

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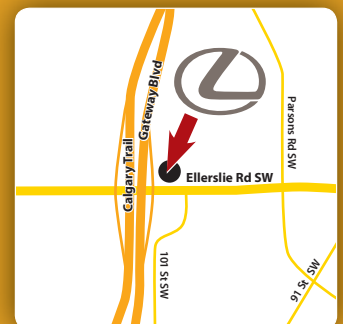


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UNIVERSITY OF ALBERTA

Healthy babies can benefit from active mothers, study shows



Leah Holoiday
Metro | Edmonton

Staying active during pregnancy is not just healthy for soon-to-be mothers, but it can help ensure a healthier weight for newborn babies, says new research out of the University of Alberta.

The study, which looked at 28 controlled trials and more than 5,000 women, found that women are 31 per cent less likely to have a large baby if they exercised during their pregnancy.

"We've known for a long time that maternal exercise is quite beneficial for the mother, but we don't know as much about the impact for prenatal exercise on the infant," said one of the study's authors and U of A professor Margie Davenport.

A large baby, Davenport explained, is more likely to be a larger adult and can suffer from obesity and other chronic issues throughout their life.

“We’ve known for a long time that maternal exercise is quite beneficial for the mother, but we don’t know as much about the impact for prenatal exercise on the infant.”

Margie Davenport,
U of A professor and
study author

While birth rates can vary depending on genetics, the study did find that exercise during pregnancy never increased the risk for a pregnant woman to have a small or preterm baby.

"People who are taller and bigger will tend to have larger babies, but we do know babies that are born below 2,500 grams and above nine

pounds are at higher risk for chronic diseases later on. Anything between that is considered healthy," Davenport added.

Not only do babies benefit from a healthier birth rate, but mothers themselves are also less likely to experience a c-section birth or have the infant's shoulder caught during delivery, Davenport also noted.

+ GUIDELINES

According to current Canadian guidelines, pregnant women should exercise three to four times a week, ranging from low to moderate intensity depending on their fitness level.

Davenport and her team have just received funding to update those guidelines in October.

Updated information will be published in the next two years.

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Mary Poppins, played by actor Kristi Hansen, performed at Tuesday's launch of this year's Fringe Festival theme. STEPHANIE DUBOIS/METRO

Fringe gets a new app, and a big word

SUPERCALIFRINGERILISTIC

2015 gets a Mary Poppins-themed catch phrase



Stephanie Dubois
Metro | Edmonton

The theme for the Edmonton International Fringe Theatre Festival? Think Mary Poppins.

SupercaliFRINGERilistic, inspired from the popular Disney movie, will be the melody of the 34th year of the 11-day festival, which kicks off on Aug. 13.

"It's in one word: fun," said Murray Utas, artistic director of Fringe Theatre Adventures, of this year's theme.

In addition to several live and free performances, the festival is also getting an upgrade to its app.

A new look for the smartphone application is being piloted at the Winnipeg and Toronto fringe festivals, in addition to Edmonton, in an effort to allow audience members to buy tickets while avoiding sometimes lengthy lines.

People can still buy hard tickets at the festival's box office, but organizers say the app will help for a more streamlined process.

The company producing the revised app for Edmonton, Red61, also works on the box office for the Edinburgh Fringe, the largest Fringe in the world.

"It will be really easy to download the app, pick your show and buy your tickets," says Jill Roszell, executive director with Edmonton's Fringe.

"It's about making it easier for people."

Edmonton's festival is the largest in North America, with more than 1,600 live performances. Last year there were 665,750 festival goers and more than 118,000 tickets sold, which is a record.

Like many other Fringe celebrations, Edmonton's uses a lottery system.

Performers are randomly chosen so that it's a mixed bag, with artists receiving 100 per cent of their ticket revenues.

50

50 venues in the city are scheduled to host Fringe performances.

IN BRIEF

Court hears depression behind Edmonton man's phoney officer escapades

An Edmonton man who used to pick up his son from school in a car made to look like a police cruiser will not face jail time after being found guilty of impersonating a police officer.

Curtis Ulmer, who is 38, has been given two years of probation and ordered to perform 100 hours of community service.

community service.

Court heard Ulmer had a full array of fake police gear that he wore when patrolling his neighbourhood, and that his car was equipped with a siren and flashing lights.

Police initially thought he was one of their own, but investigators eventually searched his home and found badges, handcuffs, a stun gun, two air pistols

and other items in his collection.

The judge says she considered Ulmer's depression brought on by deaths in his family, as well as a medical condition that prevented him from becoming a police officer.

Ulmer is not allowed to possess a weapon for the next five years and must get counselling while on probation. THE CANADIAN PRESS

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Time to grow above and beyond

TOURS

Urban farm invites people to see what's possible in city

Lucy Haines
Metro | Edmonton

As Edmonton embraces backyard beekeeping and urban hens, city dwellers are being invited to a second season of tours at Northlands Urban Farm to see just what you can grow on city plots.

"Food connects everybody to agriculture. We aim to demonstrate the innovative ways to turn surplus urban space into a sustainable farming operation, and educate people about how important bees are to our ecosystem," said Heather Shewchuk, director of agriculture at Northlands.

Evening tours will highlight the lettuce, garlic and microgreens growing on the 31,200 square-foot farm, plus demonstrate the workings of

a four-hive onsite apiary.

"We've doubled the numbers for each tour, from 20 to 40—the interest is there and we expect it to grow further," she said. The U of A's Faculty of Agriculture, Life and Environmental Sciences (ALES) likewise continues to examine the state of urban agriculture in the region.

The group recently welcomed renowned urban farmer Novella Carpenter who, a decade ago, turned an inner-city back yard in Oakland, California, into a mini-farm with vegetables, turkeys, chickens, ducks, pigs and goats.

"It's the movement of my generation," said Carpenter.

"There's such a waste stream in a city—I use recycled cardboard for mulching, used coffee grounds from my neighbourhood café for the soil, and stale bakery bread to feed the animals. I dare people to dream of using their spaces in different ways."

Across the city, neighbourhood plots and community gardens grow vegetables for private use, the food bank and local restaurants.

+ DETAILS

- Northlands Urban Farm tours will run May 15, June 6 and August 1, at different points in the growing season. The free tours include beekeeping demos and details on challenges facing the beekeeping industry.
- There are an estimated 80-plus community gardens and urban farms in Edmonton and surrounding areas

Prairie Urban Farm is a two-acre mixed crop community system on the U of A's south campus—a space where about one hundred volunteer students, faculty and area residents tend rows of veggies and, this year, fruit trees and shrubs too.

"There's a misconception of what we can grow in our region, and even though we have a short season, there's lots of sun and fabulous soil," said ALES professor Debra Davidson.



Northlands Urban Farm Tours offer city dwellers a look at a working beekeeping operation, plus a glimpse of what can grow on otherwise unused land. People can sign up at northlands.com SUPPLIED

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STEPHANIE GRUSS

Bringing Edmonton together just one mandala at a time

One Feng Shui consultant is turning to a ritual symbol created by Buddhist monks to bring Edmonton together.

Stephanie Gruss, who owns Balancing Spaces in St. Albert, wants to draw mandalas — designs which often represent wholeness — in chalk in different corners of the city.

"Edmonton misses a sense of unity in some ways. It has all these pockets of beautiful areas but you need to know where there's a nice restaurant or a cool place. For me, it's a contribution to be part of that shift of street art," she said.

A mandala is a geometric design "intended to symbolize the universe, and reference is made to their use in Buddhist and Hindu practices," according to website Exotic India Art.

Gruss said the traditional symbol has a "positive energy" that she wants to share through what she's calling the 'City of Joy' project.

It's the third time Gruss has created mandalas on streets in and around Edmonton.

Her most recent one decorated the open space area behind Stanley A. Milner



Buddhist monks prepare a Sand Mandala, a spiritual and ritual symbol depicting the Buddhist universe, as Tibetan spiritual leader the Dalai Lama is seated at the back on the fifth day of Kalachakra near Leh, India. TSERING TOPGYAL/THE ASSOCIATED PRESS

+ ORIGIN

The origin of a mandala is the centre or a dot, according to website Exotic India Art

Something Edmonton Project.

Starting this summer, Gruss wants the symbols to evolve with comments from Edmontonians, who are welcomed to leave poetry, designs or sayings on the street art once they are drawn.

"It's a great way to bring the community together by creating art."

STEPHANIE DUBOIS/METRO

Library in October 2014.

But this time, she has plans to go bigger with her Make



RICHMOND, B.C. FISHING BOAT CAPSIZES Canadian Coast Guard environmental response specialist Randy Farrell pulls a boom from the south arm of the Fraser River after a retired 31-metre fishing boat sank and leaked oil and a small amount of fuel in Richmond, B.C., Tuesday. DARRYL DYCK/THE CANADIAN PRESS

RCMP says man avowed extremist

TORONTO

Pakistani terror suspect faces deportation

A Pakistani man accused of plotting terror attacks on Toronto's financial district and the U.S. consulate espoused extremist views and repeatedly expressed sympathy for al-Qaida and the Islamic State, an undercover RCMP officer testified Tuesday.

In fact, the officer said, Jahanzeb Malik told him his own family had rejected him because of his beliefs.

"He said it several times: that believers are ready to die for Islam," the officer said.

"He said his family had disowned him, that his brother called him a terrorist."

The agent, who cannot be identified under an extensive publication ban, described posing as a Bosnian war veteran. He said he contacted Malik in September 2014 about renovating the flooring of his house.

Malik, a flooring contractor, quickly came to trust the officer. In conversations, he told the officer he had received training in weapons and explosives during two years he

spent in Libya before returning to Canada in 2013, the officer testified.

"He said he went to Libya to kill or be killed," the officer said.

Earlier in the day, Malik, 34, had testified spending only two months in Libya — in Benghazi — two years ago. He said he had gone there to teach English as a second language.

"It was a job opportunity," he said. "I went there, you know, to make some money."

The federal government, which also accuses Malik of trying to recruit and radicalize others to help commit terrorist acts, wants to deport him.

The case before the Immigration and Refugee Board is largely based on evidence gathered by the undercover RCMP officer, who said Malik came to call him his "student."

The officer's testimony came after Malik abruptly decided he would no longer testify — despite facing a fine of up to \$100,000 and/or a maximum sentence of five years in prison for the refusal.

"I'm choosing not to answer the questions — any questions," Malik told Andrew Laut, the board member presiding over the hearing.

THE CANADIAN PRESS

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Heckler fired from job after row with CityNews reporter

Companies condemn sexist comments



Jessica Smith Cross
Metro | Toronto

Two big names on the Toronto business front earned praise Tuesday as they took action to condemn sexist comments hurled at a TV reporter.

Maple Leaf Sports and Entertainment (MLSE) says it will ban those responsible from future sporting events if they can be identified. Ontario's Hydro One, meanwhile, fired a man after he was pegged as one of the people who supported others yelling "f-k her right in the p-y" as CityNews reporter Shauna Hunt did a broadcast from Sunday's Toronto FC soccer game.

"I'm glad to see companies stepping up and taking this

seriously. It's a change and it's a welcome change," said Todd Minerson, executive director of the White Ribbon Campaign, an organization of men working to end violence against women.

"MLSE is in a position, with its profile, its reputation, its resources, its athletes, to say, 'We're not going to tolerate this.'"

Shouting the vulgar phrase at female reporters has become a trend known as "FHRITP" heckling. It's been playing out in cities across Canada and the United States for more than a year. But little formal action has been taken against hecklers, despite police in various cities saying criminal charges are an option.

Hydro One and MLSE didn't mince words on their stance Tuesday.

Shawn Simoes didn't yell the phrase on camera, but during a later interview with the CityNews reporter, told her he thought the practice was "hilarious."

That clip, during which



Respect for all people is engrained in the code and our values.

Daffyd Roderick,
Hydro One spokesman

Simoes makes an incoherent statement to the reporter about a vibrator, has now been watched thousands of times on YouTube.

Simoes' actions violated Hydro One's code of conduct, the public utility said.

"Respect for all people is engrained in the code and our values," spokesman Daffyd Roderick said in statement. "We are committed to a work environment where discrimination or harassment of any type is met with zero tolerance."

+ MORE COVERAGE: METROVIEWS, PG 23



Shauna Hunt of CityNews interviews a Toronto FC soccer fan in Toronto on Sunday. Hunt was the latest woman to be heckled by a group of men shouting sexually explicit comments into her microphone. CITYNEWS/THE CANADIAN PRESS



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WIND

Feds to speed up deportation of criminals

JUSTICE

Bill would also block pardons for offenders

The federal government has introduced new legislation to speed up the process of removing foreign nationals who have committed serious crimes in Canada.

Minister of Public Safety and Emergency Preparedness Steven Blaney said the Removal of Serious Foreign Criminals Act was tabled in the House of Commons Tuesday.

"What we are saying is if you are committing a crime in Canada and you are a foreign criminal, you are ineligible to stay in this country and you should go back home," Blaney said at a news conference in Toronto.

The proposed legislation would allow the mandatory transfer of foreign criminals back to their original countries without their consent — the only consent needed being from the home country, Blaney said.

He said the pardon process



Minister Steven Blaney
THE CANADIAN PRESS

will also be changed, saying there have been cases in which foreign nationals who have committed serious crimes have received pardons and been allowed to remain in the country.

"We can never allow that to happen again," Blaney said.

And, Blaney added, refugees who are deemed a danger to the Canadian public would have their protected-person status revoked when they are removed from the country.

THE CANADIAN PRESS

ELECTION

Different debate formats expected

Canadians can expect to see multiple federal election debates during this campaign season, likely over the summer and in different formats, as part of a major upheaval in the way the leaders square off in person.

YouTube, live-streaming, multiple moderators — it's all on the table in the run-up to the October vote.

The Conservative Party of Canada appears to be taking the first step in shaking up the debate system, rejecting outright the traditional model of one debate each in French and English, both tightly controlled by the major networks. The Tor-

ies and the NDP have instead said yes to two new debates — one proposed by the French-language network TVA and another hosted in August by Maclean's magazine. And they're willing to do more.

The Liberals haven't made any commitments, but say that the time has come to create a new independent debate commission to oversee the particulars.

Conservative spokesman Kory Teneycke has said his party is willing to participate in up to five debates and wouldn't necessarily turn down something hosted individually by a consortium member. THE CANADIAN PRESS

IN BRIEF

Crown drops two charges in Ghomeshi case

Two sexual-assault charges have been dropped against disgraced former broadcaster Jian Ghomeshi, who was ordered Tuesday to face the remaining five charges of sexual assault and one count of choking. THE CANADIAN PRESS

Friendly-fire death a case of 'mistaken identity'

The friendly-fire incident in Iraq that killed Sgt. Andrew Doiron was the result of "a tragic case of mistaken identity," exacerbated by fatigue and a breakdown in communication, the Canadian military says. THE CANADIAN PRESS

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PARLIAMENT

Veteran benefits in omnibus budget bill

The Harper government has stuffed proposed improvements to veterans benefits into the omnibus budget bill, saying it needs to make sure it passes before the next election.

But the move could also silence opposition critics.

It's an unusual tactic, since Veteran Affairs Minister Erin O'Toole had already introduced separate legislation — Bill C-58 — to enact the changes, which include a new retirement benefit

for severely disabled soldiers, a separate \$70,000 injury award and a proposed \$7,238 caregivers benefit, among other things.

O'Toole told the House of Commons veterans committee that he doesn't trust the opposition to pass the bill before Parliament adjourns — likely next month, with an election scheduled for October.

He pointed to an NDP motion, debated on Monday, which called on the government to recognize

+ COMMENTS

NDP veterans critic Peter Stoffer said the effect of putting the improvements into the budget bill is that veterans groups won't have a chance to comment before Parliament.

its social obligation to veterans, as well as recent statements that

the changes don't go far enough.

"It's clear you wanted to delay, and I won't allow a delay to happen when I've made a commitment to veterans," O'Toole said in an answer to a question by NDP veterans critic Peter Stoffer.

The bill was introduced in late March, but has yet to be brought before a Commons committee for detailed study, said Stoffer, who noted that his party likes the legislation. THE CANADIAN PRESS



NDP Leader Tom Mulcair asks a question in the House of Commons on Tuesday. THE CANADIAN PRESS

NDP unveils foreign aid platform

POLITICS

Party pledges to restore family planning to overseas aid

The NDP would restore funding for abortion and family planning to Canada's keynote development initiative which promotes maternal, newborn and child health.

That pledge came Tuesday in a speech by NDP Leader Tom Mulcair which introduced some foreign policy planks for the Official Opposition.

Prime Minister Stephen Harper has made helping newborns and young mothers in the developing world his signature aid priority, committing more than \$6 billion to the initiative between 2010 and 2020.

But the initiative has sparked major criticism — including from the respected medical journal,

The Lancet — because the Conservatives will not allow any money to go towards projects that include abortion.

Mulcair said the NDP would reverse that policy and make funds available for family planning, reproductive and sexual health and access to abortion services. He also repeated a promise to meet the United Nations development spending goal of 0.7 per cent of GDP.

The most recent analysis by the Paris-based Organization for Economic Co-operation and Development said Canada's overall level of aid spending has fallen to its lowest level in more than a decade.

The OECD pegged Canada's 2014 aid spending at 0.24 per cent of GDP, well below the UN target. In 2010-11, Canadian foreign aid stood at 0.34 per cent of GDP. The United Kingdom, by comparison, has hit the 0.7 per cent target two years in a row.

Canada has never reached the goal, coming closest in the mid-1970s under the Pierre Trudeau Liberals when the level reached above 0.5 per cent of GDP.

Stephen Brown, a University of Ottawa aid expert, said that to reach the 0.7 per cent of GDP target, aid spending would have to rise to \$13.9 billion a year.

Brown said such an increase is possible.

"The U.K.'s Conservative-led coalition reached that level last year, despite a fiscal situation far worse than Canada's."

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Nepal shaken again by major earthquake

ASIA

At least 37 killed with death count expected to rise

A new earthquake killed dozens of people Tuesday and spread more fear and misery in Nepal, which is still struggling to recover from a devastating quake nearly three weeks ago that left more than 8,000 dead.

A U.S. Marine Corps helicopter carrying six marines and two Nepalese soldiers was reported missing while delivering disaster aid in northeastern Nepal, U.S. officials said, although there have been no indications the aircraft crashed.

Tuesday's magnitude-7.3 quake, centred midway between Kathmandu and Mount Everest, struck hardest in the foothills of the Himalayas, triggering some landslides, but it also shook the capital badly,

sending thousands of terrified people into the streets.

At least 37 people were killed in the quake and more than 1,100 were injured, according to the Home Ministry. But that toll was expected to rise as reports began reaching Kathmandu of people in isolated Himalayan towns and villages being buried under rubble, according to the UN's Office for the Coordination of Humanitarian Affairs.

Tuesday's quake was also followed closely by at least 10 strong aftershocks, according to the U.S. Geological Survey.

Tremors radiated across parts of Asia. In neighbouring India, at least 16 people were confirmed dead after rooftops or walls collapsed onto them, according to India's Home Ministry. In Tibet, a landslide killed one person and injured three, according to China Central Television. Two houses collapsed, the state broadcaster said, quoting disaster officials of the regional Tibetan government.

THE ASSOCIATED PRESS



A rescue worker from USAID inspects the site of a building that collapsed in an earthquake in Kathmandu, Nepal, Tuesday. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

MALAYSIA AND INDONESIA

Nations turn back boats of fleeing migrants

Thousands of Bangladeshis and members of Myanmar's long-persecuted Rohingya Muslim minority appeared Tuesday to have no place to go after two Southeast Asian nations refused to offer refuge to boatloads of hungry men, women and children.

Smugglers have fled wooden trawlers in recent days amid fear of a massive regional crackdown on human trafficking syndicates, leaving migrants to

fend for themselves.

"We won't let any foreign boats come in," Tan Kok Kwee, first admiral of Malaysia's maritime enforcement agency said Tuesday.

Unless they're unseaworthy and sinking, he said, the navy will provide "provisions and send them away. Hours earlier, Indonesia pushed back a boat packed with hundreds of Rohingya and Bangladeshis. THE ASSOCIATED PRESS

IN BRIEF

Fighting breaks out after ceasefire in Yemen

With cargo ships poised to launch a desperately needed aid operation in Yemen, a five-day humanitarian ceasefire began Tuesday night, just hours after Saudi-led coalition warplanes struck against Shiite rebels and their allies. Security officials and witnesses said fierce combat broke out about a half hour after the ceasefire began when rebels tried to storm the southern city of Dhale. But no airstrikes by the Saudi-led coalition were reported. THE ASSOCIATED PRESS

North Korea's defence chief executed, South Korea says

South Korea's spy agency says it has information that North Korea executed its defence chief for sleeping during a meeting and talking back to young leader Kim Jong Un.

Lawmaker Shin Kyoung-min says the National Intelligence Service told a closed-door parliamentary committee Wednesday that People's Armed Forces Minister Hyon Yong Chol was executed in Pyongyang in late April.

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UNITED NATIONS

EU seeks quick UN approval for plan to hunt down migrant smugglers

The European Union is seeking a UN Security Council resolution within days to let its members hunt down human traffickers in the Mediterranean and destroy their boats, a senior EU official said Tuesday.

EU foreign ministers hope to have a UN resolution by their

May 18 meeting "to ensure that we can have coercive action toward the smugglers" who have helped bring more than 10,000 migrants to European shores in unseaworthy boats in recent weeks, said the official, who has close knowledge of the operation but is not permitted to

speak publicly about it.

More than 170,000 illegal border crossings were recorded through the Mediterranean last year, mostly Syrians and Eritreans leaving via Libya, whose collapse has allowed criminal gangs and terrorists to flourish. Around 1,700 migrants are

feared to have died in recent weeks even before the high season for sea migration begins in June.

The controversial operation is part of a broader EU migration agenda to be unveiled Wednesday by the EU's executive Commission. The agenda includes

steps to speed up the identification and processing of migrants when they arrive, and to ensure that countries rapidly send back people who do not qualify for protection, according to a draft of the text obtained by The Associated Press.

European navies currently

can only destroy boats involved in trafficking if they have no national flag or if the nation whose flag they bear gives permission for their destruction. A UN resolution would broaden that restriction to allow for more boats being destroyed.

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Green light for gay rights in Austria

VIENNA

Pedestrian signals depict variety of gender pairings

Some Vienna pedestrian traffic lights are suddenly not only red or green. They're also gay or straight.

Over the past few days, the city started setting up lights at pedestrian crossings that show pairs of figures instead of the usual stick men. Some depict a man and a woman. Others, two women. Still others, two men. All couples are complete

with hearts.

The lights are being erected at 47 crossings and will stay up until June. Vienna hosts several events linked to tolerance during that time, including the Life Ball, Europe's biggest charity event for AIDS and HIV research, and the Eurovision Song Contest, won last year by Austrian cross-dressing pop star Conchita Wurst.

Pedestrians were neutral to positive when asked Tuesday whether they liked the concept.

"I think this is a great idea," said Clemens Bendtner. "The topic of equality and equal treatment is a very important issue, and it is getting some attention through the campaign."

THE ASSOCIATED PRESS



Street lights depicting same-gender pairs are pictured in downtown Vienna, Austria, Tuesday.

RONALD ZAK/THE ASSOCIATED PRESS

TURKEY

Ottoman's selfie statue disarmed

A statue erected in a Turkish city of an Ottoman prince taking a selfie with a cellphone has been vandalized amid strong criticism of the artwork.

Just days after it was erected, someone — perhaps offended by disparagement of Ottoman history — hacked off the phone and the prince's sword. The mayor's office in Amasya, a city an hour south of Turkey's Black Sea coast, said police have been ordered to guard the disarmed prince.

The statue, intended to attract tourists, has its defenders, and some people have been mugging for their own selfies with the eccentric prince.

"It is certainly very beautiful," Hurriyet Daily News newspaper quoted Dilek Tuna, a visitor from the central Turkish province of Corum, as saying.



THE ASSOCIATED PRESS

The prince reflects part of Amasya's history. In Ottoman times, Amasya was a prosperous town where princes, or Shahzade, were sent to prepare them to rule the empire. Some of them became Sultans, including Mehmet II, or Mehmet the Conqueror, who conquered Constantinople — now Istanbul — in 1453.

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U.S. Secretary of State John Kerry and Russian Foreign Minister Sergey Lavrov, left, watch as members of the United States and Russian delegations place red flowers at the Zakovkzalny War Memorial in Sochi, Russia, Tuesday. JOSHUA ROBERTS/THE ASSOCIATED PRESS, POOL

Tensions rise over Ukraine and Syria

DIPLOMACY

U.S. Secretary of State makes official visit to Russia

Despite a cordial atmosphere, U.S. Secretary of State John Kerry's meetings Tuesday with Russian President Vladimir Putin and his foreign minister produced little evidence of progress in easing tensions on Ukraine, Syria and other issues dividing the two powers.

On his first trip to Russia since the Ukraine crisis began, Kerry held more than four hours of talks with Russian Foreign Minister Sergey Lavrov at a hotel in the Black Sea resort of Sochi before seeing Putin at his presidential residence in

the city. Putin is in Sochi meeting with Russian defence officials for a week.

Three hours into the Kerry-Putin meeting, Russia's Foreign Ministry issued a statement saying that Kerry and Lavrov had a "long and sincere conversation on a broad range of issues."

But the statement echoed the defiant tone of earlier ministry comments that blamed Washington for strains in relations and said Moscow would not back down on matters critical to its national interests.

"Sergey Lavrov noted that we

co-operation with Washington both on bilateral issues and on global arena, where our countries bear special responsibility for the global security and stability. However, co-operation is only possible on an honest and equal basis, without attempts at dictat and enforcement."

Both Washington and Moscow insist that all sides to the Ukraine crisis comply with an increasingly fragile ceasefire agreement but differ widely as to who violated it.

Kerry had planned to test Putin's willingness to press pro-

Russia separatists in Ukraine to comply with the ceasefire.

Kerry was also seeking to gauge the status of Russia's support for embattled

Syrian President Bashar Assad, whose forces have been losing ground to rebels.

THE ASSOCIATED PRESS

Russia will not be forced to compromise on its national interests and its principled stance on the issues it considers as key for itself.

Russian Foreign Ministry statement

aren't to blame for the current crisis in relations with Washington," the statement said. "Russia is ready for constructive

leader on a busy street in the Orlando suburb of Lake Mary.

"A guy says he had to shoot a guy through the window and he wants the police to come," the man said on the call. "He had to shoot at somebody ... He said it was George Zimmerman."

Zimmerman suffered minor injuries from flying glass and debris.

Both men had the guns legally.

THE ASSOCIATED PRESS

IN BRIEF

Rolling Stone sued for bogus campus rape story

A University of Virginia official is seeking more than \$7.5 million from Rolling Stone magazine in a defamation lawsuit stemming from a debunked account of an alleged gang rape on campus.

A report published by the Columbia Graduate School of Journalism said the magazine failed at virtually every step in the reporting and editing of the story.

THE ASSOCIATED PRESS

FLORIDA

Zimmerman shot at in road rage incident

Police officers recovered a handgun from George Zimmerman and took two guns from a man accused of shooting at the former neighbourhood watchman while both were driving, authorities said Tuesday.

Police also released an emergency call Tuesday in which the caller says the other man, Matthew Apperson, told him he was forced to fire his gun Monday at the former neighbourhood watch

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Bulk Barn looks to get in with hip new crowd

STRATEGY

Chain updates its image with trendy foods, downtown digs



Melissa Dunne
For Metro

Every two weeks or so, Melissa Baker hauls home bags filled with healthy staples, such as dried beans, chickpea flour, spices, steel-cut oats and shredded coconut. She's short on storage space in the small condo she shares with her sister, so she pours her bi-weekly take into mason jars.

You might assume the type of person who puts their food in mason jars shops at Whole Foods Market, or if they really want to one-up the hipster down the street, the local independent health-food store. You'd be wrong. Baker, along with an increasing number of condo-dwelling millennials, frequently shops at Bulk Barn.

"Back in 2012 or 2013, Prince George (about eight hours north of Vancouver) got a Bulk Barn, and everyone was saying, 'A Bulk Barn is coming! A Bulk Barn is coming!'" recalls the 26-year-old master's student, who now lives in downtown Toronto and studies nutrition at Ryerson University.

That's right: the suburban chain with the garish yellow-and-red signs is suddenly hip.

From suburban to urban

Bulk Barn, which Carol Ofield first opened in a Toronto suburb in 1982, has recently revamped its dowdy suburban image for a sleek new downtown look.

The chain reportedly hired ad agency Leo Burnett in late 2014 in a bid to lure more young urbanites and update its once deeply uncool vibe. The franchised chain is aggressively expanding nationally, having opened more than 100 stores in the last five years. The stores can now be mainly found in big-box plazas in the suburbs and smaller standalone locations downtown.

Two of the six new Bulk Barns that have opened in the past six months are in downtown Toronto.

Gone are the garish signs at its new downtown locations, replaced with sleek red and



Melissa Baker checks bins of nuts, grains, herbs and candies at the Bulk Barn on Toronto's Carlton Street. LIZ BEDDALL/METRO



What are they? ... They're not a health food store, they're not a convenience store; they're sort of a mix.

Retail consultant Ed Strapagiel

metal, announcing to Canadians: this is no longer your mom's Bulk Barn. Recently, the chain updated its kitschy flyers for a more modern look, which garnered kudos on social media.

Bulk Barn is smart to follow Canadianians downtown, says Anthony Stokan, partner at retail consultancy Anthony Russell Inc. While rent is more expensive in the core, the chain does not have to pay for mall amenities with standalone stores.

Also, franchisees can capitalize on the condo boom. With millennials moving from the suburbs to downtown, the new urban Bulk Barn locations offer a mix of nostalgia and practicality.

Millennials like Baker have no room for giant boxes of food from places like Costco in their cramped condos. And besides, like many condo-dwellers, she

doesn't have a car to get to box plazas.

The scoop on the bulk-food strategy

The new strategy is clearly working.

"I tend to go on Wednesdays because there's a student discount that day," said Baker. "It's usually very, very busy when I go."

There are now more than 200 Bulk Barns, with stores in every province. And while you can still load up on gummy worms and chocolate for a steal, the stores also have a variety of health foods that young people love.

"In terms of changes, the biggest is probably product selection. We're all about offering our customers variety, whether it's having staples like oats or something more unusual, like Non-GMO chia

seeds," said Sherryl Woodward, senior director of marketing at Bulk Barn Foods Limited in an e-mail interview.

This mix of healthy staples and not-so-healthy snacks is key to Bulk Barn's success, says retail consultant Ed Strapagiel.

"What are they?" asks Strapagiel. "They're not a health food store, they're not a convenience store; they're sort of a mix."

Being "sort of a mix" is not always a good thing. But in this case it works. Most grocers such as Loblaws and Whole Foods do offer some bulk food, but it's not their main focus,

says Strapagiel. While kids may love regional bulk-candy shop chains like Sugar Mountain, there's not much for health-conscious adults there. Many independent health-food stores can be a bit dingy by modern standards, he notes.

Changing with the times

The chain has done a decent job of "cleaning up" and streamlining its stores and image, says Maureen Atkinson, senior partner at retail consultancy J.C. Williams Group. It's no longer seen as just a bargain brand but a place where health nuts like Baker can grind their own nut butters. The chain certainly has not reached a saturation point yet, says Atkinson, so expect to see more updated, dare we say trendy, stores in the future.

While many other mall staples, from Eaton's to Target to Jacob to Zellers have failed, Bulk Barn continues to succeed. The Canadian chain has pulled off a feat many retailers have found impossible: it has kept its kitschy core, while changing with the times. What could be cooler than that?

Three things that changed

1 Signs of the times

While you'll still find the red-and-yellow signs out in the suburbs, many of the downtown locations now have toned-down signs with sleek silver backgrounds.



2 Healthy items

Don't worry, you can still buy a massive amount of gummy worms for \$5, but the stores also have on-trend healthy items like quinoa and a station to grind your own nut butters.



3 Streamlined flyers

They recently updated their flyers for a more clean, streamlined look.



Three things that haven't

1 Rental cake pans

The stores still rent cake pans — there's everything from the trendy Hello Kitty to the classic Mickey Mouse pans.



2 Wacky names

Many of the items still have wacky names, from Dino Sours candies to Clownin' Around snack mix.



3 The scoop

You still generally scoop your food out of a big utilitarian bin and pour it into a clear plastic bag, with red font on it.





the big number

\$36M

This is the cost of the “tampon tax” Canadian women shell out yearly. A motion to drop federal tax from feminine hygiene items passed unanimously in the House on Monday — after some wrangling behind the scenes. Conservative women MPs reportedly threatened to stage a walkout if their caucus didn’t support the motion. The NDP on Tuesday called to scrap the tax from the current budget implementation bill; Conservatives say they’ll find \$36 million in savings in a future budget. THE CANADIAN PRESS

The problem with using Tinder to look for love

SOCIAL DISCOURSE

Omar Moullem



To the single people of Tinder alone at the bridge, casting their rods over and over again, getting plenty of bites but catching little more than a guy or girl actually obsessed with fishing in a non-proverbial way, I’d like to apologize on behalf of the many millions of us who are wasting your time.

A study by GlobalWebIndex (GWI), a world leader in digital consumption research, found 42 per cent of Tinder users are already in relationships. A third even have rings on their fingers, including my wife and I when we decided to check out what our lives would be like in an alternate universe.

To be fair, we were upfront about it, flaunting “happily married but here for giggles” bios like tourists in matching shirts strolling down the Las

Vegas strip. There were some anthropological discoveries, too: men seemed to read “no strings attached” in her bio, while my profile flashed “scumbag” in giant neon letters. And, apparently, every woman is obligated to do yoga poses in front of famous landmarks, and every man loves hunting (maybe that’s just an Alberta thing).

One might worry such window-shopping could lead to something more, but we did it for sport and to see who could get the most matches (she crushed me). There was an element of envy to it, too.

Tinder, being beautifully designed and addictive, had me shaking my head, muttering, “Single guys have it so easy today — why, in my day, I had to open a hideous browser!” Perhaps it’s not easy after all, since more than half of Tinder women are already coupled. I admit, learning that half my matches were just as likely to be half-hearted killed the fun.

The GWI study did not have a small sample size. It reached 47,000 people, in 13 countries, from high schoolers to retirees — so many of them gawkers in your lonely world.

Certainly some of them are non-monogamous, using it as a hookup app or maybe even to find like-minded couples. Others might be lecherously prowling, though Tinder’s geographical limits and Facebook integration make infidelity hard to get away with.

That makes me think most coupled users were, like us, just wandering into the digital singles bar for kicks.

Disheartening as it might be if you’re looking for love on the app — and judging from my friends, this group includes all singles under 40 — this will probably be good news for Tinder. The company has long desired to be a friend-making tool. First you meet each other on the app, then become friends on Facebook. As CEO Sean Rad put

Single guys have it so easy today — why, in my day, I had to open a hideous browser!

it, Tinder is a place for “social discovery.”

Now that the curtain’s been lifted, maybe it will evolve into that. In fact, my Tinder tourism got me a friend: another happily coupled user who was, as she put it, “scratching that promiscuity itch.” Other friends have used it to find travel buddies while backpacking. Maybe Tinder’s evolution has already begun.

Sorry, singles. You’ll have to find another app.

Omar Moullem (@omar_aok) is based in Edmonton and edits the Yards. Social Discourse appears every other Wednesday.

ROSEMARY WESTWOOD

metroview

‘What would your mother think?’ is not a feminist incantation

I’m about done with people invoking the mother figure when men behave badly.

This weekend, a group of moronic men dropped the worn-out “f--k her right in the p---y” prank on a female reporter at a Toronto soccer game.

It’s the latest in a string of such incidents, and the reporter demanded, on camera, to know why.

She didn’t get very far, because idiots aren’t very good at explaining their idiocy, and so she asked finally, with exasperation, what if “your mum saw you talk like this?”

What I want to know is: why do we care about his mum?

Demanding to know “what your mother would think” is not some kind of feminist incantation — say these words, and the spell of sexism will be broken!

Proof: the soccer fans weren’t cured.

“My mum would die laughing, eventually!” said the one with too much gel in his hair, his face full of glee.

Social-media critics were not amused. They clamoured to the reporter’s defence, claiming this man-child’s mother would certainly not be laughing.

But they, too, are misguided.

They think they can shame this man by making him face the humanity in his own mother. And it’s laughable. Of course he sees it. He doesn’t

care. Proximity to and love for a woman is not a quick-balm for sexism. If it was, we wouldn’t have needed the suffragettes.

But even worse: why is it a woman’s job to police men? It’s ridiculous that we still expect nagging mothers to swoop in and set misbehaving sons straight. We praised the mothers who scolded their sons for trolling on Facebook in Australia and for rioting in the streets of Baltimore.

Yet no one asks what their fathers would think. That only women, and especially only mothers, teach men how not to hate women is a sexist assumption in itself.

In our need for revenge and conversion to the feminist cause, I can see why the “mother card” is a tempting last-ditch effort. But other tactics actually stand a chance of making a point.

There’s conversation: before bringing up mom, the reporter spent time describing that “f--k her right in the p---y” is abusive and degrading. It’s that kind of blunt talk that lays sexism bare and could change the minds of bystanders and viewers — even if it had no effect on those asinine jerks.

And then there are consequences: while those men don’t care what their mothers would think, they might need to worry about their bosses. The one with the bad hair gel is getting fired.

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A WITTY SAYING PROVES NOTHING



5

CRAFTY BREW NAMES FOR YOUR MAY LONG WEEKEND

We're in the midst of a beer revolution as lager lovers flip their solo cups at the big guys. This rebel ethos shines most in the naming of those brews. Here are five cheekily named drinks to cheers the long weekend. **LIZ BROWN/METRO**

1 Natural Born Keller Wild Rose Brewery, Calgary

One wonders if Mickey and Mallory Knox might toast a successful killing spree with this brewer-described 'flavourful, crisp' drink, curated from 'natural born' fresh ingredients and Keller Bier. While having your beer associated with famous fictional serial killers may seem like a branding faux pas, Wild Rose Brewery marketing manager Blair Bullied says it's all about wordplay and a name people find funny — and of course, having that name pop out on the shelf.

Best paired with: A juke box, Leonard Cohen's *Waiting for the Miracle*, and a game of redneck eeny, meeny, miny, moe.



3 Yippee IPA Picaroons Brewing, Fredericton, N.B.

"Names happen. Usually accompanied by drinking beer," says Picaroons owner Sean Dunbar. "The only test the name goes through is to try it out as if ordering a beer at a pub. I forget the moment Yippee IPA struck me as being a good beer name, but I remember liking the sound of 'gimme a big glass of Yippee.'"

Best paired with: Any kind of party that makes you holler Yippee!



5 Shawinigan Handshake Le Trou du Diable, Shawinigan, Que.

An homage to that 1996 Canadian heritage moment when then-Prime Minister Jean Chrétien (a.k.a. 'the little guy from Shawinigan') put a chokehold on a heckling anti-poverty protester in Hull, Que. This brew is a Weizenbock, categorized as a strong, dark wheat beer. Ostensibly the strength of the beer is in honour of the bare-handed muscling it took Chrétien to bring a protester to his knees.

Best paired with: A no-holds-barred House of Commons debate on CPAC.



2 Farmer's Daughter Whitewater Brewing, Foresters Falls, Ont.

A blonde ale that's an 'eye-opener on a hot summer's day.' Whitewater co-founder Chris Thompson said he wanted to evoke the "local, hardworking and wholesome qualities that we aspire to in the brewery." Also, "we thought it would get a laugh when people ask for a Farmer's Daughter from the bar." You can try their Farmer's Daughters Melons blend, too.

Best paired with: A pair of Daisy Dukes and a plaid shirt.

4 Jerkface 9000 Parallel 49 Brewing, Vancouver

This American wheat ale got its name after a group brainstorm turned a little testy. "Someone suggested a much more serious name," says publicist Carine Redmond. "The team vetoed it as they don't take themselves too seriously and the more serious namer quipped 'call it Jerkface, you a—hole.'"

Best paired with: Those gatherings where you run into people who easily irritate.





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It's hard to say goodbye



Mad Men airs its final episode on Sunday after seven seasons and critical acclaim.

MICHAEL YARISH/AMC

SERIES FINALES

Three shows including late-night giant wrap later this month

Brian Gasperek
For Metro | Life

Talk about a rough start to the week for TV fans.

Within the span of a few hours on Monday, it was announced that two long-running couch potato classics, American Idol and CSI, were both getting cancelled.

Bummer.

But before you start getting all misty-eyed over the demise of Idol (which ends after next season) and CSI (which will get a TV movie send-off next year), save those tears for a trio of shows that are actually saying goodbye this month.

May 2015 officially marks the end of an era for three shows, including one of the most iconic late-night talk shows of all time, one of the best cable dramas of our gen-

eration and a modern thriller that just couldn't go to go the distance.

Here's a look at the three shows that have reached the end of the line.

Mad Men (May 17)

After seven seasons, 15 Emmys and four Golden Globes, AMC's hit period drama Mad Men will sadly air its last episode on Sunday night.

Throughout its preplanned seven-year run, Don Draper and his ad agency pals have consistently pulled in huge ratings for AMC and an ever-growing fan base. Yep, it's going out on top.

Mad Men will go down as one of the greatest and most influential TV dramas of all time thanks to its killer writing, acting and historical authenticity.

It was also responsible for resurrecting sharp 1960s fashion and decor for the modern age.

The Following (May 18)

Kevin Bacon's show The Following looked like it had so much potential when it debuted back in 2013. It was edgy, scary and intense. Pt

People loved it out of the

gate, and it was even the highest-rated new broadcast series for adults 18 to 49. But after the first season, it lost momentum and its ratings plummeted into an embarrassing abyss.

After a minimally watched second and third season, the violent serial killer thriller is toast as of next Monday.

Sadly, The Following will most likely be remembered by viewers as "that show that Kevin Bacon did for a couple years. I only watched the first season."

The Late Show with David Letterman (May 20)

And finally, May 20 marks the saddest series finale of 2015.

It's the end of The Late Show with David Letterman. After 22 seasons of being the classiest gent in late-night television, Letterman is hanging up his suit and stepping away from the desk once and for all.

Sure, Stephen Colbert is inheriting the show from Dave and it will probably be really good, but Letterman will always be remembered as one of the greatest and most hilarious hosts to put us to bed Monday to Friday.

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2015-16 TV season: What's in, out

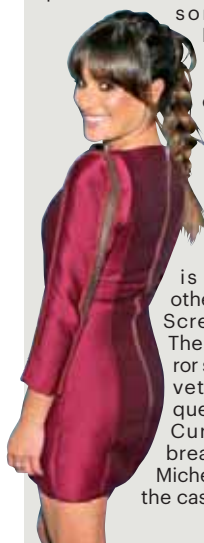
The major U.S. broadcast networks are unveiling their new season lineups to advertisers in New York this week. From Shonda Rhimes' next potential hit to Rob Lowe's double-dipping, here's a roundup of some of the highlights so far. **THE ASSOCIATED PRESS**

Proven players

ABC is adding a fourth drama next season from its favourite producer, Shonda Rhimes. The fraud investigation drama *The Catch* stars Mireille Enos (*The Killing*) and joins Rhimes' other series for ABC: *Scandal*, *How to Get Away with Murder* and *Grey's Anatomy*, which is returning for its 12th season.

Heroes was one of NBC's few successes during the 2000s, so it is coming back as *Heroes Reborn*, with a similar supernatural premise and new cast, although some original

Heroes players will occasionally appear. The original show's creator, Tim Kring, is back. Over on Fox, Ryan Murphy, who gave the network a hit with *Glee*, is getting another chance with *Scream Queens*. The comedy-horror series will have veteran scream queen Jamie Lee Curtis and *Glee* breakout star Lea Michele (pictured) in the cast.



Empire building

Fans of freshman hit *Empire*, starring Terrence Howard (pictured) as a hip-hop magnate, won't have to wait until next winter for new episodes. Fox announced the drama will be on its fall schedule. But viewers should brace for a break in the planned 18 episodes. It's a split-season approach for Fox shows that network executives said will allow for a run of episodes with a midway cliffhanger — a way to create an "event" aura.

With the strong ratings last season, stars are eager to join in. Fox said Chris Rock, Lenny Kravitz and Alicia Keys will make appearances.

"The stories we've heard for season two already are just going to blow away the audience," said Dana Walden, Fox Television Group CEO and chairman.



Just for laughs

Fox is upping the ante by creating a Tuesday comedy night this fall with three of its new shows: *Grandfathered*, starring John Stamos; *The Grinder* with Rob Lowe and Fred Savage; and the aforementioned *Scream Queens*.

It promises to be a high-profile year for Lowe (pictured), who stars in *The Grinder* as an actor who attempts to become a real lawyer after playing one on TV. NBC has also announced that Lowe is a featured player in its comedy *You, Me and the End of the World*.

How will he do both? Fox executive Dana Walden said Lowe's series with NBC has already been filmed and finished.



Live and kicking

Despite lukewarm reviews for recent live shows *The Sound of Music* and *Peter Pan*, networks are not deterred from live-to-air musicals. NBC announced *The Wiz* while Fox is airing *Grease: Live*, a three-hour version of the musical. With broadcasters desperate to keep viewers watching shows and commercials in real time, expect more such efforts.

Also of note: The NBC comedy *Undateable*, starring Chris D'Elia (pictured), will attempt the high-wire act of airing a live episode each week, after experimenting with a live broadcast earlier this month. Networks love live shows, since they are generally DVR-proof. For a sitcom like *Undateable*, the appeal will be in seeing if a cast can pull it off without flubs.



Swan songs

ABC is bidding farewell to cancelled dramas *Forever* and *Resurrection* and the Latino family comedy *Cristela*, which was part of the network's move toward diversity last season.

At NBC, the comedies *Marry Me*, *About a Boy*, *One Big Happy*, *A to Z* and *Bad Judge* are all axed. So are *State of Affairs*, *Constantine* and *Allegiance*.

The *Mindy Project* starring Mindy Kaling (pictured) is out at Fox but may be heading to Hulu. Also gone at Fox are comedies *Weird Loners* and *Mulaney*, the

dramas *Backstrom*, *Red Band Society* and *The Following*, and the reality series *Utopia*. Meanwhile, *American Idol* will be on its last legs with its 15th and final season.



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GOSSIP

SJP trolls fans for self-promotion

There goes Sarah Jessica Parker, getting *Sex and the City* fans' hopes up once again.

This week, the actress posted a photo to Instagram of herself in a sleek white dress making a run from Bloomingdale's in very Carrie Bradshaw fashion.

Along with the caption was the message: "I guess the cat's out of the (little brown) bag. As usual, we will keep you posted on every detail as we are able. I'm under strict gag order until then."

The cryptic message sent some fans into a tizzy that a third *Sex and the City* movie just might finally be happening.

But no. No, it's not. "The post is not in relation to the 'Sex and the City' property," a studio rep confirms. Turns out Parker was just



Sarah Jessica Parker.
GETTY IMAGES

teasing news about her shoe line, SJP Collection.

Sorry to get your hopes up. NED EHRBAR/METRO IN HOLLYWOOD

Queen Latifah in 'role of a lifetime'

HBO

Latifah says she summoned Bessie Smith to play the legend

Many viewers will come to the HBO biopic Bessie with scant knowledge of its subject, blues legend Bessie Smith.

But in the title role, Queen Latifah schools you with a bruising display of fierce drive, unstoppable talent and a gallery of personal demons.

"I felt like it was the role of a lifetime," says Latifah, 45, a multifaceted entertainer.

Premiering Saturday on HBO Canada at 8 p.m. ET/MT, Bessie (also starring Khandi Alexander, Mo'Nique, Oliver Platt and Charles S. Dutton) was in development for more than 20 years, with Latifah always pegged to play a person she knew little of back then.

The long delay was, in effect, a blessing, since it gave Queen Latifah a chance to "grow" into the role.

"I was able to figure out the parts that we could connect on, the parts of her way of singing

“This woman literally got stabbed, left the hospital, and went out and performed.”

Queen Latifah, on Bessie Smith

that I could emulate in my way to show her style without being intimidated by the fact that I don't have that voice — she's a powerhouse!"

So intense was the connection during filming, Queen Latifah at times felt she could summon Bessie Smith from the great beyond.

"I would pray: Bessie help me out, help me do it the way you want it done, help me really be you! I hope I did a good job in her eyes, wherever she is in that great place in the sky."

Queen Latifah found herself asking questions: "Why did she need THIS guy, and why did she need THIS woman? And why can't she say 'I love you'? And why did she have to eat so much and drink so much and party so much?"

Discovering those answers called for her furious performance, including a bare-chested scene, a brutal fight with her husband, Jack (Michael Kenneth Williams), and bedroom scenes with Lucille (Tika Sumpter), another of the bisexual Bessie's romantic partners.

"All that's what the role required," says Queen Latifah matter-of-factly. "You have to honour the character. This is her truth. You may feel uncomfortable with certain scenes, but there are a lot of things to feel uncomfortable about."

"But who am I to not play her to the bone! Talk about 'The show must go on!' This woman literally got stabbed, left the hospital, and went out and performed."

The biggest challenge, she says, was the limited time — just days — between wrapping production of last season's The Queen Latifah Show before heading to Atlanta to join director Dee Rees and fellow cast members for the Bessie shoot.

"But, for me, who lives for a challenge, this was perfect," she insists. "I need to feel the wind in my face. I need to feel the fear and do it anyway."

THE ASSOCIATED PRESS



Queen Latifah as hard-living blues singer Bessie Smith. CONTRIBUTED

IN BRIEF

Bollywood actress heads to Hollywood

Bollywood star Priyanka Chopra is heading to American television with a lead role in the ABC drama Quantico.

"Wow. I'm still reeling," she said Monday night.

Chopra plays an FBI trainee at Quantico Base in Virginia.

THE ASSOCIATED PRESS

Jazz prodigy releases debut album

Joey Alexander's favourite things include The Avengers, SpongeBob and Thelonus Monk. He's a normal 11-year-old kid who just happens to be a jazz piano prodigy and has already impressed jazz luminaries like Herbie Hancock.

This week, Alexander released his debut CD, My Favorite Things.

THE ASSOCIATED PRESS

AMERICAN CRIME STORY

O.J. Simpson trial acts as 'origin story'



O.J. Simpson holds up his hands before the jury during his double-murder trial. Season 1 of FX's American Crime Story will focus on the Simpson trial. THE ASSOCIATED PRESS FILE

Like many people, John Travolta remembers where he was when O.J. Simpson was riding in a white Ford Bronco in that infamous slow-speed pursuit in 1994 before he surrendered to police and later faced murder charges in the deaths of his ex-wife Nicole Brown and her friend Ronald Goldman.

"I had just gotten back from the Cannes Film Festival where we won the Palme d'Or for Pulp Fiction. I was on this kind of high with a new (revived) career and then this American tragedy was happening," the actor said.

Travolta, along with Cuba Gooding Jr., David Schwimmer and Sarah Paulson have signed

on to star in a new true crime anthology series coming to FX called American Crime Story.

Season 1 will focus on the O.J. Simpson trial and is based on a book by Jeffrey Toobin who covered the trial extensively for The New Yorker.

Travolta plays Simpson's attorney Robert Shapiro. Ryan Murphy is directing the series, now about one week into filming.

"That trial sort of gave birth to a new kind of media coverage," Murphy said. "It felt like an origin story of something that was the first and now we're still dealing with the reverberations of that so it feels very modern to me." THE ASSOCIATED PRESS



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metro

Camping Guide

Wednesday, May 13, 2015



Getting outdoors and pitching a tent is an easy way to get your kids to unplug. SHUTTERSTOCK IMAGES

Why camping is good for kids

OUTDOOR ADVENTURES

Community building and freedom to play are pluses

Emma Park
For Metro

Getting into nature with the family is one of the best things you can do for your

kids — just talk to any camping family.

Tanya Koob is an avid camper and writer behind the blog rockiesfamilyadventures.com. She's been heading outdoors with her family on the weekends since her son was three, and says the best thing about this is the sheer amount of time her son gets to spend outside.

"In the city we might go for a bike ride or a hike during the day but our meals are eaten inside, we stay in-

side until it warms up later in the morning, we retreat inside to watch TV later in the day, and then of course we sleep inside," said Koob, based in Calgary. "When we go camping though, all of this is done outside. It's basically a nature overdose rather than the normal deficit we experience, and it gets us through the following week until we can go camping again the next weekend."

She says it is also valuable for the community building

her son is a part of.

"He gets to spend a whole weekend running around with his friends, biking and hiking with them, and building connections."

For parents new to camping who might be worried about letting their kids loose in the woods, Koob recommends going with other families at first. She says comfort camping can also be a good way to ease into the experience.

"Parks Canada and Alberta Parks both provide cabins,

tipis, and covered platform tents called O'TENTiks at many of their campgrounds to help families get out and try camping in an easy way for the first time."

And since your kids might get turned off of the outdoors if your first camping experience is bad, Koob recommends choosing a time when the weather is good.

"Avoid the mountain parks if you are tenting until it's warmer in the summer," she said.

And while camping is good for us, it's mostly about having fun — and Koob says it's more fun with the kids around.

"You just have to go armed with tons of activities, games, and a plan for how you'll entertain the troops all day. Here is where it's important to choose a campground that has amenities for the kids such as a playground, a beach with sand, hiking trails, bike trails — or even a swimming pool if lucky."

Where to go in Edmonton

You don't have to go far to start connecting with nature. Here are five great destinations close to Edmonton:

Pembina River Provincial Park

Ninety kilometres outside Edmonton, Pembina is tent and RV friendly and includes accessible sites. There's a wide range of activities, from canoeing and hiking to bird watching and fish-

ing (although you have to be licensed to do the last one). Pembina is known for its river gorge and high cliffs.

Morinville RV Park and Campground

Just 40 minutes outside of Edmonton, and only 12 minutes outside the town of St. Albert, Morinville is another low-commitment place to get a taste of the great outdoors, with fishing, bike trails and canoeing, but it also has comforts like flush toilets and Wi-Fi.

Elk Island National Park

Just a half hour away, Elk Island is a great treat for Edmonton nature lovers. It serves as a home for both the largest and smallest terrestrial



Jasper is four hours away, but worth it to experience the park.

mammals in North America, the wood bison and pygmy shrew, and has the densest

population of hooved animals in the country (and is only second to the Serengeti

worldwide) including deer, moose, and of course elk. The mix of grassland, parkland and boreal forest makes for great hiking. Note that the Sandy Beach campground at Astotin Lake is the only place in the park where you can camp overnight. As you can imagine it books up quickly, so plan ahead.

Rainbow Valley Campground

Located in Rainbow Valley, this one's good if you're looking for an urban camping experience with lots of creature comforts. There's a covered cooking area with a wood-burning fireplace and picnic tables in case you get rained out, and an outdoor

sink with hot water to do your dishes and plenty of RV and regular sites to choose from. Best of all, it's only 20 minutes from the city centre.

Jasper National Park

OK, so Jasper is four hours away, but it's so worth it. The largest national park in the Rockies, Jasper has a mix of hot springs, lakes, waterfalls and mountains. And with activities like hiking, fishing, wildlife viewing, rafting and kayaking no wonder 2 million people visit every year. With all that demand, you'll definitely want to book ahead of time, especially if you're looking for a site with full hookups.

EMMA PARK/FOR METRO

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What if you were able to take camp with you?

ON THE ROAD

RVs offer many comforts, but be sure the site can accommodate

Emma Park
For Metro

While everyone can benefit from time spent outdoors, sleeping on hard ground with nothing but a thin canvas between you and the elements is not everyone's idea of a good time.

For families that want a little more comfort with their camping, RVing might be the way to go.

RVs, or recreational vehicles, generally include a kitchen, a bathroom and somewhere to sleep, so they make for a more comfortable experience.

"It's a pretty big investment, so renting is probably a good way to start to make sure this is the right activity for you," says Michael Heuchert, outreach co-ordinator for Mountain Equipment Co-op Calgary.

Companies such as Canadream Inc. and Affordable

RV in Calgary, and Northern Lights Vacations Ltd. in Edmonton offer rentals you can order online.

Some places ask for a minimum weeklong commitment, so if you are looking to just take the family out for the weekend, you might be better off booking a comfort cabin and saving the RVing for a longer trip (although some companies make exceptions for the Victoria Day long weekend and other holidays).

If you think you might be interested in RVing at least a couple weeks a year, RV shares are another more affordable option and might let you buy into a more upscale model for which a standard rental might allow.

In terms of getting your RV to the campsite, Alberta Parks spokesperson Tim Chamberlain said it's always good to come prepared.

"People that are out for the first time and haven't booked a site, either for the May long weekend or upcoming summer season, should do a little research to make sure the park they're going to has the proper hookups and amenities for their RV," he said.

While most larger parks



It's a pretty big investment, so renting is probably a good way to start to make sure this is the right activity for you.

Michael Heuchert, outreach co-ordinator for Mountain Equipment Co-op Calgary



Most RVs come with kitchen, bathroom, and sleep area.

will accommodate RVs, some of the smaller ones won't be equipped, Chamberlain said, adding that more and more parks have RV booking options available.

But while details are important, Heuchert said the most important thing is to just get out there.

"Ultimately, you're having

fun with family and friends, those same kind of things apply, it's just that you're driving your shelter up rather than setting it up when you arrive," he said. "There's a ton of options, but the important thing is to make sure you're getting out and enjoying the stunning landscape we have so close to home."

RECIPE Backpackers' Chia Pudding

No need to skip on nutritious meals while at the campsite.

Dirty Gourmet shared one of their simplest recipes that will work for any kind of camping trip. For more recipes, visit dirtygourmet.com

Ready in

Prep time: 20 (inactive) minutes
Cook time: 0 minutes

Ingredients

- 1/4 cup chia seeds
- 1 cup water or almond milk

- 2 teaspoons honey
- freeze-dried fruit
- almonds, walnuts, or sunflower seeds

Tools

- Jar, cup or bowl
- Spoon

Directions

Mix chia seeds with water. Let soak for 20 minutes, stirring occasionally. Top with your favourite toppings. Eat!

You can do better than wieners

CAMP FIRE FOOD

Where and how you camp will determine what you eat

Emma Park
For Metro

Camping doesn't have to be all dehydrated goods and tinned meats. With a little preparation, any camping trip can be a delicious — and perhaps even gourmet — experience.

Mai-Yan Kwan, Aimee Trudeau, and Emily Nielson are the brainchilds behind dirtygourmet.com, an online resource for camping recipes that go beyond s'mores and wieners on a stick.

"Food is an essential part of camping, and can easily become an intimidating one. Keep it simple, prepare as much as you can before you leave for your trip, and try to make food you enjoy eating at home," Trudeau said.

The three say that the type of camping you're doing will really dictate what kind of food you should bring, and all of their recipes are organized accordingly. Factors to consider include per-



Visit dirtygourmet.com for yummy meals that fit into laid-back camp life — like coconut curry soup and apple fennel mustard slaw. SHUTTERSTOCK IMAGES

ishability (do you have a cooler?), weight (are you carrying everything on your back?) and sturdiness (will it get destroyed under a bag of ice or in a backpack?).

Michael Heuchert, outreach co-ordinator for Mountain Equipment Co-op Calgary, agreed. Backpackers should stay away from canned goods, he says, but nearly everyone can benefit from

some peanut or almond butter in their packs.

"It's such a versatile food," he says. "You add it to a stir fry and suddenly you've got sauté."

As for tools, they say it really depends on what you plan on eating. Light and easy to pack, a camping stove can be handy, especially if you find yourself in a campground with a fire ban,

says Heuchert. The Dirty Gourmets like bringing a camping pot, a chef's knife with a sheath and flexible, lightweight cutting board.

"When planning meals at home, visualize yourself going through the prep and cook process, thinking through the tools you'll need as you go," Nielson said.

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Packing for all kinds of weather is important — especially in Alberta.

Top 5 musts for camp

Hiking in the mountains, swimming in a lake, looking up at a star studded sky — the joys of camping are plentiful, but you need to be prepared. Metro talked to experts to find the top five things you need to make your camping trip a success.

A reservation

"There's nothing more depressing than having to drive around for hours looking for a campsite only to find out that there's nothing and you have to camp in overflow camping for the night, usually a big parking lot," said Tanya Koob, an avid camper

and writer behind the rockiesfamilyadventures.com blog.

Comforts of home

Living, and especially sleeping, outside, can be hard at first, so it's important to be comfortable. There are some basics, like proper clothing, sleeping bags, yoga mats or inflatable mattresses for extra cushioning, a warm tent and fire starter that everyone needs, but comfort means different things for different people. For Koob's family, it's their hammock. "The kids love playing in it and it can occupy a group of kids for hours."

A Plan B

There's always bound to be a few surprises when you go camping, so be prepared as possible. "Pack for all kinds of weather. Certainly

in Alberta we can have all four seasons over the course of the weekend," said Tim Chamberland, spokesperson for Alberta Parks.

Fun

You didn't come to the woods to be miserable, so plan for a good time. Michael Heuchert, outreach co-ordinator for Mountain Equipment Co-op Calgary says they carry a soccer ball that makes ice cream, but a frisbee or deck of cards would work, too.

Respect

"Leave your campsite in the same condition as when you arrived. It's critical, it's courteous and it's a matter of respecting the land," said Chamberland.

EMMA PARK/FOR METRO



Big on everything except size



CONTRIBUTED

THE CHECKLIST | 2016 HONDA HR-V

THE BASICS

Type. Five-door, front-wheel drive/AWD compact crossover

Engine (hp). 1.8-litre inline four-cylinder (141)

Transmissions. CVT automatic, six-speed manual

Price. Base \$20,690 (plus destination)

POINTS

- Shares much engineering with new Honda Fit, and built alongside Fit at Honda's new factory in Celaya, Mexico.
- Japanese-market HR-V powered by Fit's 1.5-litre direct-injection DOHC engine; our HR-V powered by the torquier 1.8-litre SOHC engine used in the Civic.



CONTRIBUTED

COOL FEATURES

- Fuel tank located in centre of vehicle, to allow for deeper rear cargo department.
- Available LaneWatch display sends lane images to the main display when signalling.
- Speedometer illumination changes from white to green depending on fuel efficiency.

MARKET POSITION

- Honda's entry in fast-growing subcompact SUV segment. Targeted at buyers who want the drivability and styling of a coupe, and the functionality of an SUV. Aimed at mature Gen Y, couples who have yet to breed, empty nest boomers.

THE COMPETITION



Chevrolet Trax
Base price: \$20,880



Nissan Juke
Base price: \$20,498



Mitsubishi RVR
Base price: \$19,998

REVIEW

Honda's smallest SUV offers most for its space



Mike Goetz
Metro | Canada

Building a crossover on the smallest platform you have in your vehicle portfolio is big business these days for the automakers.

Vehicles such as the Nissan Juke, Jeep Renegade, Buick Encore, Fiat 500X, Chevrolet Trax, and Mini Paceman are all winning buyers. Joining the fray this summer will be the Mazda CX3 and our road-test victim, the 2016 Honda HR-V.

According to Honda, current demographics are playing right into the hands of these little scoots.

Millenniums are coupling up but still childless, and boomers no longer need to chauffeur kids (except for those here and there who refuse to leave the basement).

And typical of Honda, it targeted HR-V right into the heart of this growing and soon-to-be sizeable market. It will not be an outliner in this segment, by going with one personality focus, such as performance steed, visual piece, or luxury statement.

Instead, the HR-V is a great all-rounder, with just the right

doses of everything.

Styling is entirely in keeping with current Honda themes, but combines two separate ideas: a "coupe-like" upper portion that suggests sportiness; and a wider, lower body "SUV-like" portion that suggests stability and strength.

Honda Canada's senior product planner, Hayato Mori, doesn't like the word "platform," because when we say the HR-V is based on the Fit platform, he says it sounds like "we stuck an HR-V body on the bottom of a Fit." Apparently, there was more to it than that.

One of its main features is a gas tank mounted in the centre of the vehicle, to allow a deeper rear cargo area. In fact, rear-seat-down cargo capacity at 1,665 litres rivals the capacities of some competitors' one-size-up "compact" crossovers. Those rear seats also fold together, and separately, to offer up five different and useful "modes."

Quite simply, it is the most versatile cargo-carrying vessel in the class. It swallows bikes and surfboards and small upright trees like a small, benevolent, metal whale.

HR-V is exclusively powered by the same 141-hp 1.8-litre "four" toiling away in the Civic. It can be mated to either the all-new CVT automatic, or a six-speed manual. The former works well and kicks down particularly quickly and smoothly. The latter is not as slick as I was expecting.

The HR-V can be had in both FWD and AWD.

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INNOVATION

Outlet in trunk serves outages

Toyota's revolutionary, hand-built hydrogen fuel-cell sedan, the Mirai, has lots to recommend it, including the ability to power a home in the event of an electrical-grid outage. Behind a small triangular panel in the trunk is a power-outlet from which the car could supply a house with electricity for several days. The feature is now available on Japan-market Mirais.

+ LESS GAS USED, FEWER CARS OWNED

Consumption drops despite population growth

U.S. drivers are using less gas and owning fewer cars than they have in 30 years, a study by the University of Michigan Transportation Research Institute suggests. This is despite an 8 per cent growth in population. Light-duty vehicles consumed 11 per cent less fuel between 2004 (the year of maximum consumption) and 2013.

Ultra-low emission vehicles gain support



THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

GO ULTRA LOW

Automakers back campaign

Three new automakers have joined Go Ultra Low, which is the European campaign to raise awareness of ultra-low emission vehicles (ULEVs). Audi, Mitsubishi and Volkswagen have joined BMW, Nissan, Renault and Toyota to work with governments in raising awareness of the benefits of ULEVs, which include low running costs and government purchase incentives. Between them, the seven Go Ultra Low members boast 15 ULEVs across a variety of model sizes and performance attributes, from family cars and vans, to tall wagons and high-performance sports cars. According to figures from Britain's Society of Motor Manufacturers and Traders, 2014 ULEV registrations in Britain grew by more than 300 per cent, to 14,518 vehicles, as drivers embraced the growing variety of models on offer.

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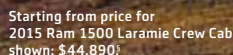
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Habs' post-season ship capsizes in Tampa Bay

NHL PLAYOFFS

Canadiens' season over with loss to Lightning

Physically and emotionally spent in charging back from a three games to none series deficit, the Montreal Canadiens had nothing left in the tank for Game 6.

Out-shot and out-played, the Canadiens' comeback bid and season ended with a 4-1 loss to the Tampa Bay Lightning on Tuesday night at Amalie Arena.

The Habs were the last Canadian-based team left in the playoffs. For the 21st straight season, a team north of the border will not win the Stanley Cup.

Tampa Bay will face either the New York Rangers or the Washington Capitals in the Eastern Conference final beginning Saturday. It's the Lightning's third trip to the conference final and first since 2011.

A second-round exit for Montreal looked likely after falling behind 3-0, but this team became the first in franchise history to even reach a sixth game. Coach Michel Therrien said Monday he saw an energized group, but instead he got one that was out of gas.

The Lightning beat and beat up the Habs as big hits by Brenden Morrow and Alex Kil-



Steven Stamkos celebrates his second-period goal on Carey Price during the Lightning's Game 6 win over the Canadiens in Tampa, Fla. The Lightning move into the Eastern Conference final with the win. MIKE CARLSON/GETTY IMAGES

lorn gave way to goals by Nikita Kucherov (the opener plus an empty-netter), Steven Stamkos and Ondrej Palat. Goaltender Ben Bishop was strong and allowed only a garbage-time goal

to Max Pacioretty.

Carey Price made 24 saves to keep the Habs in the game but couldn't do anything about his teammates' lack of offence.

The Habs finished the sea-

son with just two victories in 11 games against the Lightning, whom they swept out of last year's playoffs.

Sloppy hockey early gave way to Tampa Bay's first goal 15:35 in.

GAME 6 In Tampa



Tomas Plekanec committed a bad turnover in front of his own net, putting the puck right on Ondrej Palat's stick, and Kucherov had a perfect tip as it went between Price's glove and the post.

The goal was Kucherov's fifth of the series after being held without one in the first round against Detroit, and he added a sixth with the net empty late.

Price stopped Stamkos later in the first to keep the Habs' deficit at one. But Stamkos made a perfect shot through Jeff Petry and then past Price at 5:12 of the second to make it 2-0 Lightning.

Tampa Bay made the most of its chance as Palat scored at 18:56 for the third goal of the night.

Pacioretty and Gallagher teamed up to break up Bishop's shutout with 4:57 left in the third period.

But Kucherov put the puck into the empty net with 2:01 left to restore the three-goal lead and seal the end of the Habs.

THE CANADIAN PRESS

CONCUSSIONS

Montador family to sue NHL

Researchers who autopsied the brain of former NHL defenceman Steve Montador have discovered he had chronic traumatic encephalopathy, or CTE, the progressively degenerative disease that's been linked to repeated blows to the head.

Montador, who died in February at age 35 of an undisclosed cause, had sustained multiple concussions during his hockey career and had been exhibiting signs of a possible brain disorder, including depression, memory problems and erratic behaviour.

His brain was donated after his death for analysis to the Canadian Sports Concussion Project at Toronto's Krembil Neuroscience Centre, and researchers confirmed the diagnosis of CTE on Tuesday.

Neurosurgeon Dr. Charles Tator, head of the project, said the analysis of Montador's brain showed he had widespread deposits of a protein called hyperphosphorylated tau. The abnormal protein in brain cells is a marker for CTE. "And he had a lot of it," said Tator.

In the wake of the announcement, Montador's family said they plan to launch a lawsuit against the NHL, saying in a statement on their lawyer's website that "the finding of widespread CTE in Steven's brain helps us all better understand that his brain was ravaged by disease and he was unable to control it." THE CANADIAN PRESS

WORLD HOCKEY CHAMPIONSHIP

Belarus poses tricky test for Canada

Canada may have rolled through the preliminary round at the world hockey championship, but there are plenty of reasons for caution as a quarter-final against Belarus looms.

Belarus clinched fourth place in Group B with a 3-2 win over Norway on Tuesday, setting up a playoff matchup Thursday with Canada. The Canadians finished first in Group A, capping their perfect run through the preliminary round with a 10-1 rout of Austria.

“They're a hard team to play against.”

Canada coach Todd McLellan on Belarus

But the Belarusians are hardly pushovers. They won four times in regulation in the preliminary round, including a convincing 5-2 victory over the U.S., and two of their three losses came in overtime. THE CANADIAN PRESS

DEFLATEGATE

Investigator stands behind findings

The lawyer who investigated the New England Patriots insisted Tuesday that he found direct, not just circumstantial, evidence to show Tom Brady knew team employees were deflating footballs.

Miffed by criticism from Brady's agent, Ted Wells decided to take the unusual step of holding a conference call a day after the NFL suspended the Super Bowl MVP for four games.

THE ASSOCIATED PRESS

CFL

Offensive linemen go 1-2-3 in draft

The Ottawa Redblacks selected offensive lineman Alex Mateas with the first pick of the CFL draft Tuesday night.

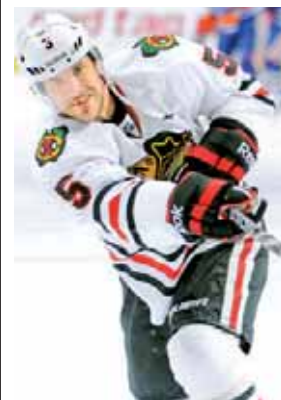
The six-foot-four, 309-pound Mateas, 24, an Ottawa native, started all 12 games at centre last season for the University of Connecticut Huskies. Mateas recently attended the New York Jets' rookie mini-camp as a free agent but didn't sign.

The Winnipeg Blue Bombers followed at No. 2 and selected Calgary offensive lineman

Sukh Chungh. The six-foot-four, 300-pound native of Coquitlam, B.C., was a CanWest all-star and CIS All-Canadian in 2013 and 2014.

The Edmonton Eskimos took the fourth offensive lineman of the opening round, selecting six-foot-six, 325-pound Danny Groulx of Laval at No. 7. The 25-year-old native of Gatineau, Que., won two Vanier Cups with the Rouge et Or and was ranked No. 5 by the CFL scouting bureau.

THE CANADIAN PRESS



Steve Montador with the Blackhawks in November 2011. GETTY IMAGES FILE

NBA PLAYOFFS

Cavs best Bulls on LeBron's 38 points

With the "Big 3" reduced to the "Banged-Up 2," LeBron James again showed why he's Cleveland's one and only.

James scored 38 points, Kyrie Irving added 25 and the Cavaliers held off Chicago's charge in the fourth quarter for a 106-101 victory over the Bulls on Tuesday night to take a 3-2 lead in their testy Eastern Conference semifinal.

Showing no ill effects from a sprained left ankle, James added 12 rebounds, six assists, three steals, three blocks and didn't have a turnover in 41 minutes to ensure the Cavs will again play at home this season.

"LeBron was just outstanding, every element of the game," Cavs coach David Blatt said. "You can't pick a thing he didn't do at the highest level."

Cleveland can wrap up the best-of-seven series and advance to the conference finals for the

GAME 5 In Cleveland

106 CAVALIERS
101 BULLS

first time since 2009 with a win in Game 6 on Thursday night back at United Center in Chicago, where the teams exchanged buzzer-beating victories last weekend.

The drama wasn't quite as high in Game 5, but it was close and it was intense.

Jimmy Butler scored 29 and Mike Dunleavy 19 for Chicago. Derrick Rose scored 16, 12 in the first quarter, but the star guard was just 2-for-15 from the field in the final three quarters and aggravated a shoulder "stinger" he sustained in Game 1.

Fueled by an altercation that led to the ejection of Chicago's Taj Gibson, the Cavs led by 17 with 6:09 left and then had to hold off a furious comeback by the Bulls, who got within 101-99 on Butler's three-pointer with 1:18 left. THE ASSOCIATED PRESS



LeBron James
THE ASSOCIATED PRESS



Goalkeeper Paolo Tornaghi makes a save while a member of the Chicago Fire in March 2012. GETTY IMAGES

Waiting game gets longer for 'keeper

SOCCER

Vancouver backup to make first start vs. Edmonton

The life of a backup means waiting your turn, and Paolo Tornaghi has done more than his fair share of that with the Vancouver Whitecaps.

The 26-year-old goalkeeper has watched nearly 50 competitive games from the bench since joining the club in February 2014, but was set to finally make his first start last week

66

We can't underestimate this team.

Whitecaps striker Robert Earnshaw on FC Edmonton

when the Whitecaps travelled to face FC Edmonton in the opening leg of their Amway Canadian Championship semifinal.

That's when Mother Nature stepped in.

A snowstorm blanketed the Alberta capital, forcing the match to be postponed until May 20 and pushing Tornaghi's

debut back another week to Wednesday, when Vancouver hosts Edmonton in what is now the first leg of the tie.

While some players might have been disappointed, the easy-going Tornaghi took it in stride.

"I'm just excited to play a game," said the Italian. "Seven days more is nothing if you see how long I've waited. It was unlucky to go there and find out about the bad weather."

Whitecaps head coach Carl Robinson went with academy goalkeeper Marco Carducci in last year's Canadian Championship, but felt that Tornaghi has earned his chance after back-

ing up David Ousted week in and week out in Major League Soccer.

"I was gutted for (Tornaghi) probably more than anyone because he's waited patiently," Robinson said of last week's postponement. "But he'll still get his two games, just on hold for a week."

The Whitecaps have never hoisted the Voyageurs Cup and the winner of their two-leg, total-goals tie with Edmonton will face either Toronto FC or the Montreal Impact in the national final with a spot in the 2016-17 CONCACAF Champions League on the line.

THE CANADIAN PRESS

IN BRIEF

MayPac obliterates pay-per-view record

Floyd Mayweather Jr. and Manny Pacquiao proved a box office smash, even if their welterweight title fight didn't live up to the hype.

The May 2 fight obliterated the pay-per-view record, with 4.4 million buys generating more than \$400 million in revenue. With a live gate of nearly \$72 million and other revenue, the bout grossed more than \$600 million and likely made Mayweather more than \$200 million.

THE ASSOCIATED PRESS

Bayern win on night but Barcelona progress to final

Bayern Munich saved some face by beating Barcelona 3-2 in the return leg of their Champions League semifinal but could not prevent Luis

Enrique's team from advancing to the final 5-3 on aggregate on Tuesday.

Neymar scored two first-half goals to make sure Barcelona would go through following its 3-0 victory in the home leg last week.

THE ASSOCIATED PRESS

Encarnacion powers Blue Jays' rout of Orioles

Edwin Encarnacion homered twice and drove in three runs, Mark Buehrle threw six innings of four-hit ball and the Toronto Blue Jays defeated the Baltimore Orioles 10-2 Tuesday night.

Encarnacion tied the game with a solo shot in the sixth inning and capped a four-run seventh with a drive off Tommy Hunter.

Buehrle (5-2) gave up two runs in beating the Orioles for the third time this season. THE ASSOCIATED PRESS

WOMEN'S SOCCER

FIFA willful in World Cup turf war

Soccer's international governing body says it rejected informal offers it received to lay down real grass for the Women's World Cup in part because the proposals didn't include the practice fields.

In a statement Monday, FIFA maintains that the artificial turf that will be used for the upcoming event in Canada meets its highest standards. Regulations stipulate that teams play and train on a con-

sistent surface.

The artificial turf fields that will be used in the World Cup have been a contentious issue with some of the players, who say forcing the women to play on fake grass amounts to gender discrimination because their male counterparts play soccer's premier tournament on natural grass. Players — both male and female — have long claimed that artificial surfaces are less forgiving

+ RULES

FIFA rules state that all matches and practices for the World Cup must be held on the same surface.

than natural grass and impact play because of concerns about injury. They also say balls travel and bounce differently on turf.

U.S. forward Abby Wambach

has been a vocal critic of FIFA's decision, and last fall led a group of players who took legal action in Canada in protest of the artificial surface. The claim was dropped earlier this year when the players decided it was best to focus on preparing for the World Cup, which starts on June 6.

The month-long event will be played on artificial turf fields in six Canadian cities.

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Prep time: 10 minutes

Cook time: 12 minutes

Ingredients

- 1 lb ground chicken or turkey
- 1/3 cup bread crumbs
- 3 Tbsp finely chopped green onions
- 3 Tbsp finely chopped cilantro or basil
- 1 egg
- 1/4 cup Sriracha
- 1 Tbsp olive oil
- 1 1/2 tsp minced garlic
- Salt and pepper
- 1/2 cup grated old cheddar
- 12 mini hamburger buns
- 1/4 cup light ranch dressing or low fat mayonnaise
- 12 thin slices plum tomato

Directions

1. In a bowl combine chicken,

bread crumbs, onions, cilantro, egg, Sriracha, oil, garlic, salt and pepper. Mix well and form into 12 mini burgers.

2. In a grill or sauté pan, sprayed with vegetable oil, cook burgers on medium heat for about 10 minutes, turning halfway, just until cooked and no longer pink. Sprinkle cheese over top, cover pan and cook just until cheese has melted, about 2 minutes.

3. On hamburger bun bottom, spread some ranch dressing. Add tomato slice and burger. Top with other half of bun.

Nutrition per serving (recipe serves 12)

- Calories 211 • Protein 10.9 g
- Carbohydrates 20 g
- Fibre 0.3 g • Total fat 10.1 g
- * Saturated fat 1.0 g
- * Sodium 277 mg
- * Cholesterol 48 mg

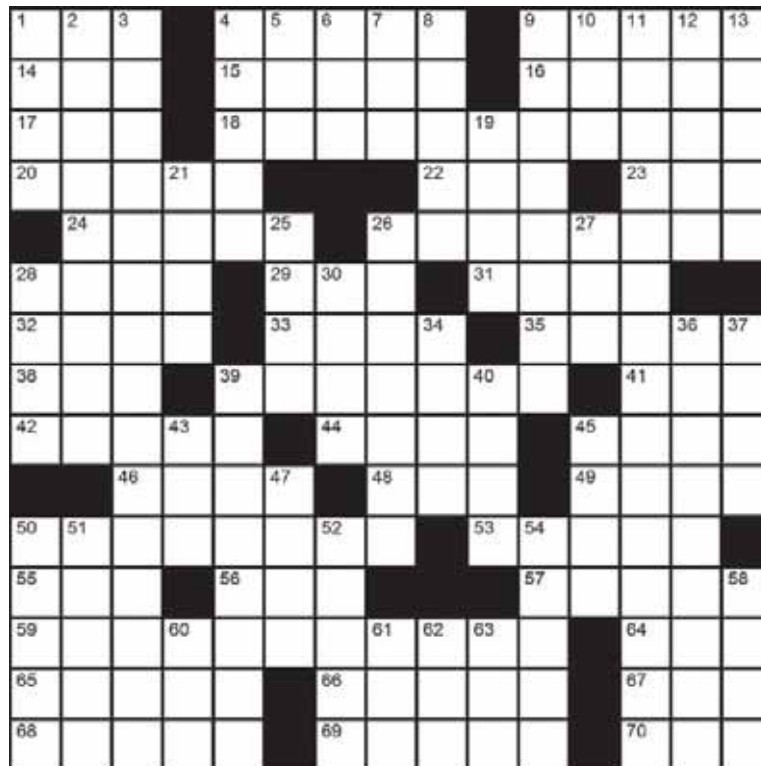
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. 'Ghoul' suffix
4. Surveying-a-neighborhood burglar
9. "Understood."
14. Your, in Italy
15. Thwart
16. Sidestep
17. Canada's dance music channel shutting down effective June 1st, 2015
18. Country retreat style: 2 wds.
20. Army vehicles
22. NFL Falcons, on scoreboards
23. Sale slip, shortly
24. Alarm clock responder
26. Hosted by Graham Greene and airing on APTN, series featuring dramatic recreations of hard to crack criminal cases, "___: Secrets of Forensic Science"
28. Fine cotton
29. Period
31. Snick-or-__
32. Workout units
33. God
35. French pronouns
38. Particular pronoun
39. Products by Meductic, NB based company SABIAN
41. Itemized thing [abbr.]
42. Soup base
44. Cougar
45. Le Pew
46. Serum container
48. Hideaway
49. Radiate
50. Bar's bowl of crunchy snacks:



- 2 wds.
53. Racecar driver Mr. Franchitti
55. Strong-__
56. Laboratory ID
57. Travis of Global TV's "Rookie Blue"
59. Self-employed writers
64. Chap

65. Weight unit
66. Baby Roo's mom
67. ___-booster
68. Adjust
69. Muscle cramp
70. Sleep state, commonly

DOWN

1. Q. "Was __ _"

- and the Bear' that Greg Evigan starred on?" A. "Yes."
2. A Great Lake ...en francais
3. '90s sitcom (starring Tim Allen) on Pamela Anderson's resume: 2 wds.
4. Discontinue

5. Furry TV alien
6. On: French
7. Author Ms. LeShan
8. Real estate company
9. 'Absolute Torch and Twang': 1989 k.d. lang and The ___ album
10. Eggs, sci-

- ence-style
11. Vancouver-born actress of "Corner Gas" and "Robson Arms": 2 wds.
12. Proclamation
13. Hertz __ -Car
19. Shakespear-ean suffixes
21. Health/safety messages, e.g.
25. Depend on
26. Music listening device attachments
27. Opera singing style, __ canto
28. Likely, little-ly
30. Play
34. Judi Dench's title
36. Clandestine pursuit
37. Leave in, in proofreading
39. Gaspé Peninsula town in Quebec; or, "Friends" role
40. Ground
43. __ a l'arc (French for 'archery')
45. Actress Ms. Gilpin
47. Roman moon goddess
50. UK acting honour
51. Mr. Flynn
52. Pet fish homes
54. "I __ _" (2001) starring Sean Penn
58. Ancient Dead Sea land
60. Compass point
61. Hat
62. Disney deer
63. Ron Weasley in 'Harry Potter' movies
- portrayed ... his initials-sharers

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

You have been in one place too long and need to make your escape. The only danger is that in your haste to get away you may go off in a direction that is not at all suitable.

♉ Taurus April 21 - May 21

You could easily spend too much money today and in doing so damage your reputation for thrift and common sense. Just because others are throwing their cash around does not mean you have to as well.

♊ Gemini May 22 - June 21

The planets warn you could easily go over the top and offend or annoy someone you really need to stay on good terms with. Don't let that stop you taking risks but make sure others don't end up paying for your mistakes.

♊ Cancer June 22 - July 23

Don't sell your services too cheap. Just because someone may be short of cash does not mean you should lower your prices for them. A job worth doing is a job worth getting paid the going rate for.

♊ Leo July 24 - Aug. 23

Creative activities will go well over the next 24 hours and they will go even better if you don't try to do everything yourself. Get friends and relatives to assist you.

♊ Virgo Aug. 24 - Sept. 23

Play it cool today and don't worry that others may be doing better or getting paid more than you. It is always a mistake to compare yourself to colleagues and rivals and it would be even more of a mistake today.

♊ Libra Sept. 24 - Oct. 23

Ideas will come thick and fast today but to make the most of them you will have to be selective. You won't get far if you try to follow up on each and every one of them. Do less, or think less!

♊ Scorpio Oct. 24 - Nov. 22

According to the planets there is something you have overlooked and if you want to avoid making a fool of yourself you need to find out what it is and take appropriate action.

♊ Sagittarius Nov. 23 - Dec. 21

You feel there is nothing you cannot do. You feel that nothing is too much for you. That could be true but with Mars moving through your opposite sign you must take into account what other people want too.

♊ Capricorn Dec. 22 - Jan. 20

You may be considering giving up on a project that appears to have run its course, but something will happen over the next few days that makes you think again.

♊ Aquarius Jan. 21 - Feb. 19

You can quite easily turn a setback into something more positive, simply by asking other people to help you out. What looks like a disaster to you may look quite different to them, so ask them what they see and act on what they tell you.

♊ Pisces Feb. 20 - March 20

You will make more progress between now and the Sun's change of signs on the 21st if you keep to the middle path and avoid extremes.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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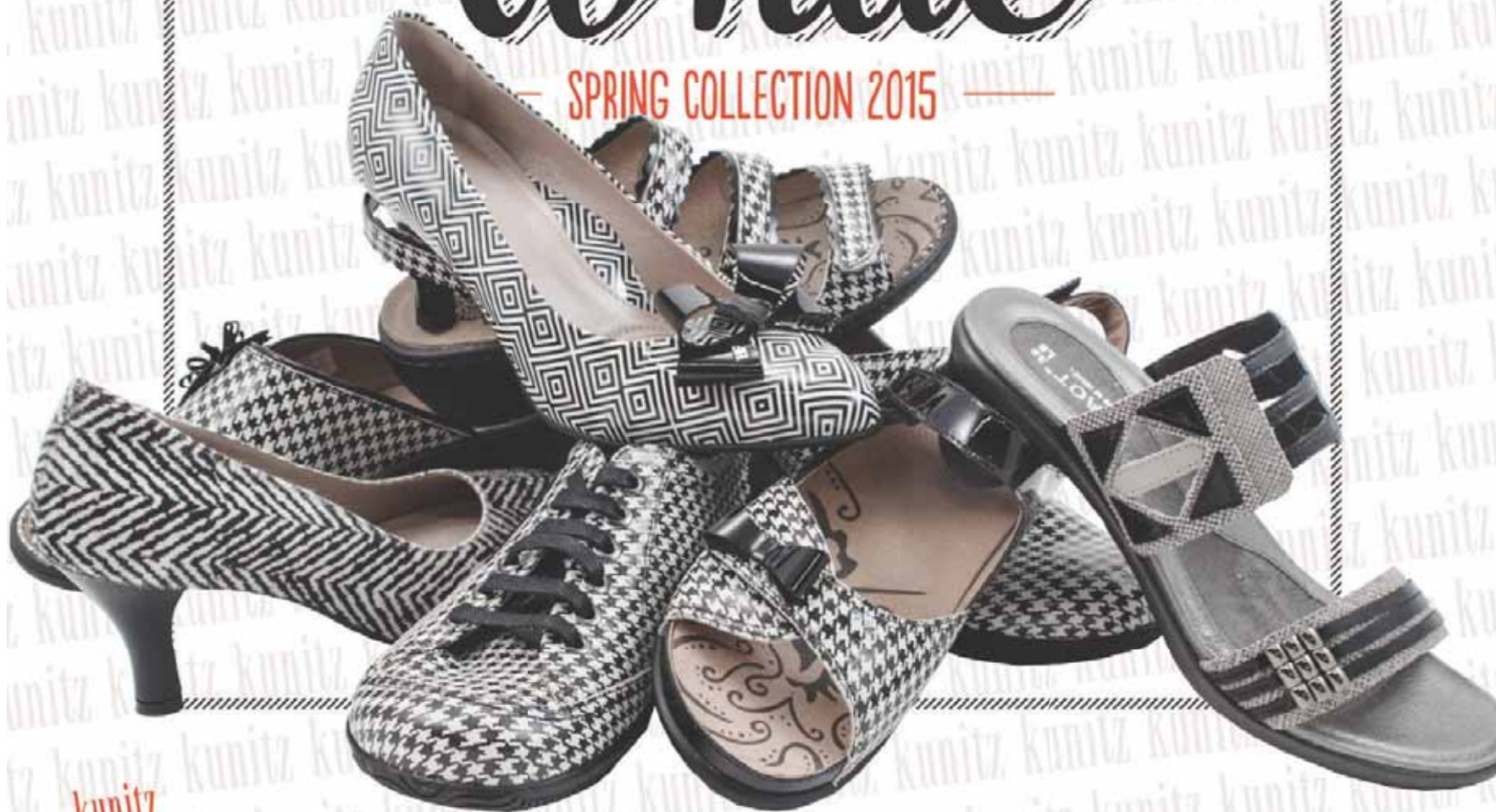
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